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TANJI JOHNSON

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ABS**
IN 30 DAYS
P78

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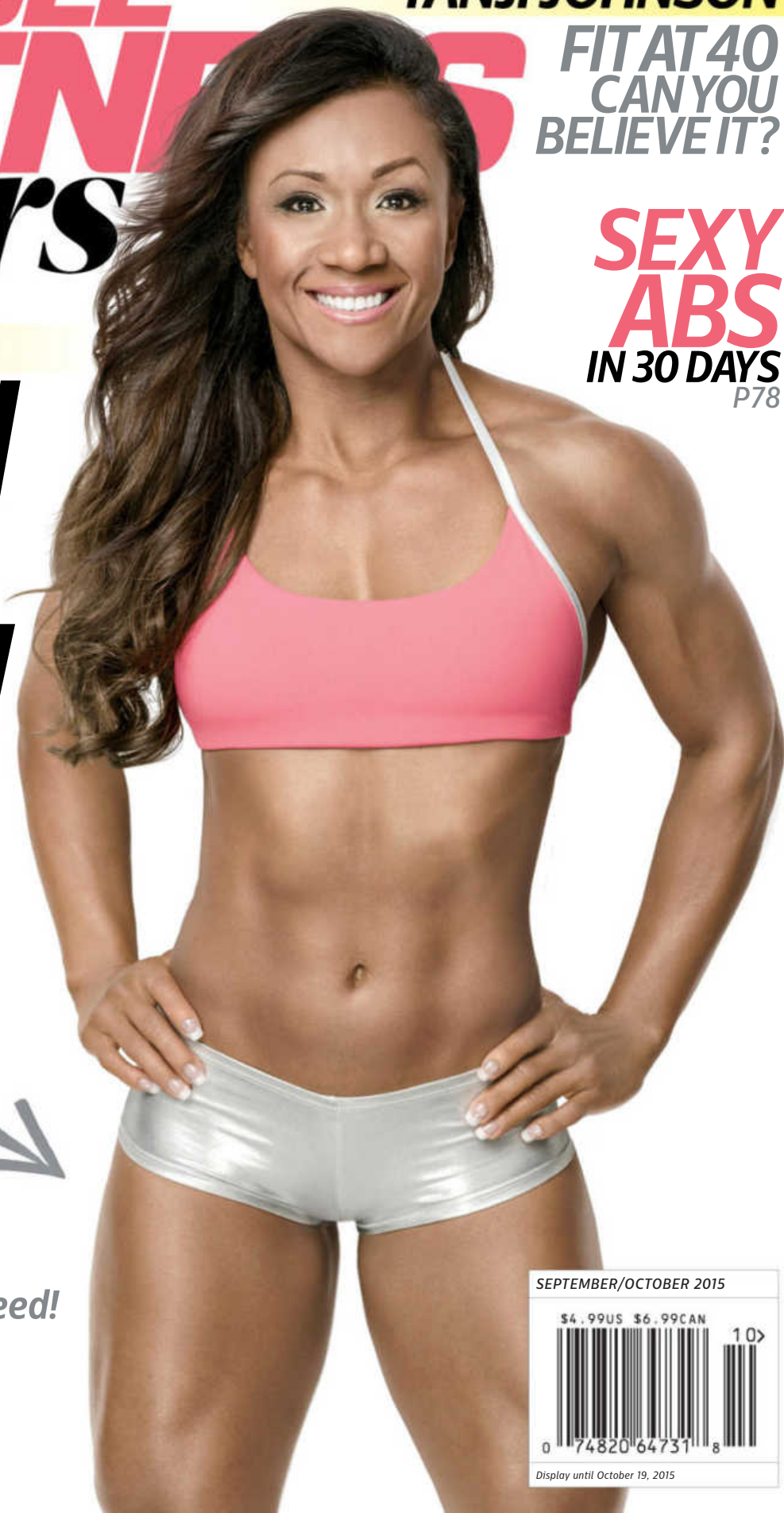
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ON THE COVER

Tanji Johnson photographed by Per Bernal. Hair and makeup by Amerlee Schoneweis. Top and bottom by Elisabetta Rogiani.



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From the Chairman

• **MUSCLE & FITNESS HERS** has always been very proud of our relationship with our brother publication, *Muscle & Fitness*. Now that link has been further strengthened with the integration of *Hers* into the *Muscle & Fitness* website. Consider muscleandfitness.com your go-to source on the Web for all the information you need on training, nutrition, motivation, and more. You'll find a deep library of workout videos, recipes, and expert commentary to help you reach—and exceed—all of your fitness goals. Share it with the guys in your life so you can both get stronger and healthier!

This month also marks the 51st edition of Joe Weider's Olympia Fitness & Performance Weekend—the crowning event in competitive fitness. *Muscle & Fitness Hers* is proud to help celebrate the achievements of some of the hardest-working athletes in the bikini, figure, physique, and fitness divisions. Cover model Tanji Johnson is headed into her 13th Olympia at age 40 stronger and fitter than ever. Steal her training secrets to build a body like an Olympian (p. 12). This issue also features Erin Stern's own Smith machine workout for sculpting strong, sexy legs (p. 54); guilt-free healthy carb recipes (p. 60); and the 2015 *M&F Hers* Best Packaged Food Awards for our favorite clean-eating, muscle-building buys (p. 84).

Let us know what inspires you. Tweet us @MandFHers, post on our Facebook page, tag us on Instagram @MuscleandFitnessHers, or on Pinterest @MandFHers. As always, your feedback and trust are essential to our success.



GET TO KNOW TANJI!

Watch our video of the Olympia competitor's magazine photo shoot. See her cover workout and share this fitness vet's exercise, diet, recovery, and motivation tips. muscleandfitness.com/videos



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Technical Adviser Gino Caccavale, AFAA
Accounting Clerk Jason Williams

ART & PHOTOGRAPHY

Art Director Ramón Gamarra
Photo Director Anthony Nolan

PRODUCTION

Production/Distribution Manager Marc Melcher

ADVERTISING

Advertising Director Dara Markus

EASTERN SALES OFFICE: 4 New York Plaza, 4th Floor, New York, NY 10004;
(212) 339-1900; fax (212) 510-1947

Digital Sales Manager Mike Myers

DETROIT SALES OFFICE RPM Associates, (248) 690-7013

Detroit Sales Representative Jay Gagan

MIDWESTERN SALES OFFICE: 1005 W. Grove St., Arlington Heights, IL 60005;
(312) 545-8041; fax (847) 749-0469

Sales Director Darrin Klapprodt

WESTERN SALES OFFICE: 6420 Wilshire Blvd., 15th Floor,
Los Angeles, CA 90048; (818) 595-0473

Account Manager Talin Boustani

SOUTHEASTERN SALES OFFICE: 1000 American Media Way,
Boca Raton, FL 33464;
(800) 500-1012; fax (561) 266-0664

ENTHUSIAST GROUP INTERNATIONAL PUBLISHING

Group Publisher Samantha Lund

Tel: +44 (1) 1423 550 848; e-mail: slund@weideruk.com

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FOREIGN EDITIONS



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Co-ed Muscle

BIG NEWS!

WE'RE EXCITED to announce that *Muscle & Fitness Hers* online is now part of muscleandfitness.com, creating a single site for both male and female fitness enthusiasts to find the *M&F* content they trust. Explore workouts, nutrition, athlete insights, and more from *Muscle & Fitness Hers* on the home page of muscleandfitness.com/hers, the dedicated *Hers* section of the site. Our *Hers* social media handles will remain the same on Facebook, Twitter,

Instagram, and Pinterest, and the *Muscle & Fitness Hers* newsletter will still be delivered weekly. (Sign up online if you're not getting it!) And, of course, *Muscle & Fitness Hers* magazine will continue to deliver the cutting-edge workouts, recipes, and advice you know and love.



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—CAT PERRY



FIND YOUR FAVORITE

The Pack-It Sport line also includes a wet-zip pouch, large shoe locker, and laundry stuffer, among others.

Eagle Creek's Pack-It Sport Wet Dry Fitness Locker is the perfect solution for creating a stink-free zone for your gross, sweaty workout gear. Made from an antimicrobial fabric, it's water-resistant while providing odor protection—just stow your clean clothing in the back and dirty, damp stuff in the front. It's also handy for keeping clothes organized when traveling. The bag's top handle lets you conveniently hang it inside a locker, and an elastic opening in the back makes for easy access to shoes or apparel. Available in brilliant blue, strobe yellow, or ruby red. \$27, eaglecreek.com

—DIANA KELLY



The OXO Good Grips Hand-Held Spiralizer creates long, curly noodles out of vegetables such as zucchini, carrots, and cucumbers. One vegetable goes a long way, so you can add a handful to salads or sub in for a healthy pasta alternative. The easy-to-turn holder keeps hands free of the blade and allows you to get down to the very end of the veggie. \$15, oxo.com

—SARAH LEE



Keep better track of your training with the **Gymwatch Sensor**, which takes wearable technology a step further. Strap the sensor onto your arm and/or leg to measure your full range of motion during a workout. The device measures how much strength is expended during an exercise, and cues you if you're doing the move incorrectly with visual and auditory feedback on posture and technique. It's compatible with both Android and iOS software. \$149 for 1 sensor, gymwatch.com

—KRISTIN MAHONEY

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Cover Model & Mother of Two



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TRAIN LIKE AN

OLYMPIA

Only a few dozen women make it to the ranks of Olympia competitor each year. Here's how to match their training and get a winning physique of your own.

BY ALYSSA SHAFFER | PHOTOGRAPHS BY PER BERNAL



I AM!

• **THE OLYMPIA IS A CONTEST LIKE NO OTHER.** It represents the pinnacle of competitive fitness, and whether you compete, aspire to step onstage, or simply admire the work that goes into training for an elite event, this workout plan is for you. It features the go-to exercises and combinations that the women of the Olympia stage use to create their incredible physiques.

“Training like an Olympian means changing your thinking from ‘I just want to be in shape’ to ‘I want to sculpt every muscle of my body to complete balance,’” explains *Hers* technical adviser Gino Caccavale. When you train, the sequence of your workouts is just as important as the exercises themselves. IFBB fitness pro and multi-Olympia podium finisher Tanji Johnson shows us how it’s done.

DAY 1

BACK

1. V-bar Pulldown

(3 SETS; 12, 10, 8 REPS)

BENEFIT V-bars put a heavy load on the lats from all angles

2. Barbell Row

(3 SETS; 12, 10, 8 REPS)

BENEFIT Staple move for overall back development and core stability

3. Straight-bar Pushdown

(2 SETS; 15 REPS)

BENEFIT Helps enhance separation of back and serratus muscles

GLUTES*

1. Single-leg Cable Kickback

(3 SETS; 40, 30, 20 REPS)

BENEFIT Isolates glutes without hamstrings

2. Plié Cable Squats with Rope

(2 SETS; 25, 20 REPS)

BENEFIT Allows for a heavier load on glutes

DAY 2

SHOULDERS

1. One-arm Dumbbell Press

(3 SETS; 15, 12, 10 REPS)

BENEFIT Helps build

and shape muscle

2. Dumbbell Side Lateral Raise

(3 SETS; 15, 12, 10 REPS)

BENEFIT Shapes the medial head of deltoid

3. Rear-delt High-cable Crossover

(3 SETS; 15, 12, 10 REPS)

BENEFIT Shapes rear of upper back for well-defined shoulders

TRICEPS

1. Lying Hammer Extension

(3 SETS; 15, 12, 10 REPS)

BENEFIT Build mass without sacrificing shape

2. One-arm

Rope Pushdown

(2 SETS; 15, 12 REPS PER ARM)

BENEFIT Puts focus on each triceps separately for more specific definition

3. Behind-the-neck One-arm Dumbbell Extension

(2 SETS; 12, 10 REPS PER ARM)

BENEFIT Allows triceps to fully extend and contract

DAY 3

LEGS, CALVES*

1. Butt-to-Ground Squat

(4 SETS; 20, 15, 12, 8 REPS)

BENEFIT Bringing your butt all the way toward the floor incorporates strong glutes, hamstrings, and quads

2. Romanian Deadlift

(3 SETS; 15, 12, 8 REPS)

BENEFIT One of the few exercises that really fully stretches and contracts the hamstrings

3. Heavy Static Lunge

(3 SETS; 15, 12, 10 REPS)

BENEFIT Keeping this static allows for constant tension throughout the entire movement

4. Leg Press Machine Calf Raise

(2 SETS; 20, 15 REPS)

BENEFIT You can use heavier weights and keep knees softer than on conventional calf raise machine

DAY 4

CHEST

1. Reverse-grip Dumbbell Press

(3 SETS; 15, 12, 10 REPS)

BENEFIT Helps create upper-chest development without adding a lot of mass

2. High-cable Scoop

(2 SETS; 15, 12 REPS)

BENEFIT Helps shape and develop the upper chest

3. Wide-grip Dip

(2 SETS; 20 REPS)

BENEFIT Sculpt the muscles near the front underpart of chest, tying it in nicely to the shoulder.

BICEPS

1. Standing Supinating One-arm Curl

(3 SETS; 10, 8, 6 REPS)

BENEFIT Turning the weight inward at the top and neutral at the bottom attacks your biceps from different angles

2. High-cable One-arm Curl

(2 SETS; 15, 12 REPS EACH ARM)

BENEFIT Imitates the form of an actual biceps pose, so your natural flex will improve!

ABS

Do the following ab workout after glutes on Day 1 and after calves on Day 3. Since abs are sometimes an after-thought in training, add these weighted moves two days a week to increase your core muscle definition to the max.

1. Cable Rope Crunch

(2 SETS; 20 REPS)

BENEFIT Works upper abs like a crunch, but with resistance

2. Dumbbell Leg Lift

(2 SETS; 25 REPS)

BENEFIT Adds weight to a leg raise to engage lower abs

3. High-cable Side Crunch

(2 SETS, 25 REPS EACH SIDE)

BENEFIT A side crunch will give your body that tight and toned profile look!

TRAINING PLAN

This split is designed to increase hypertrophy (growth) by separating pushing, pulling, and lower-body movements. Priority is given to the quadriceps and glutes for a shapely lower body and to the shoulders to create a nice tapered effect.

DAY 1

Back, glutes, and abs; 35 min. cardio

DAY 2

Shoulders and triceps; 40 min. cardio

DAY 3

Legs, calves, and abs; 10 min. warmup on bike

DAY 4

Chest and biceps; 40 min. cardio

DAY 5

Rest



Butt-to-Ground Squat

WORKS: GLUTES, QUADS, HAMSTRINGS, CALVES

- Stand tall with a barbell across your traps, feet about hip width apart **(A)**.
- Bend knees to lower into a deep squat, bringing your butt as close as possible to the floor **(B)**. Push through heels to return to start and repeat. Do four sets of 20, 15, 12, and 8 reps.

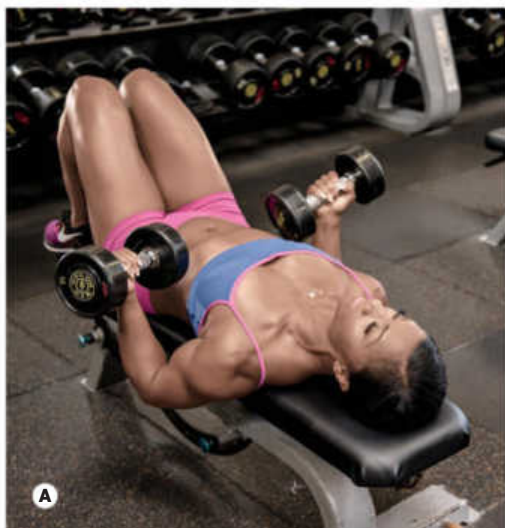


Rear-delt High-cable Crossover

WORKS: POSTERIOR DELTOIDS, UPPER BACK

- Adjust pulleys on cable crossover machine so they're above your head. Stand in the center and cross cables so left hand holds the end of the right cable and right hand holds end of left cable, with both arms extended forward.
- Using the backs of your shoulders to initiate, pull back until wrists are in line with shoulders, keeping a slight bend in elbows. Slowly return to start and repeat. Do three sets of 15, 12, 10 reps.





Reverse-grip Dumbbell Press

WORKS: CHEST

- Lie on top of a flat bench holding a heavy dumbbell in each hand, elbows bent near sides and palms facing shoulders **(A)**.
- Press weights above chest, keeping a slight bend in elbow and palms facing shoulders **(B)**. Lower back to start and repeat. Do three sets of 15, 12, and 10 reps.



Single-leg Cable Kickback

WORKS: GLUTES

- Attach a handle or cuff to lowest point of cable machine and stand about a foot away, facing stack. Place cuff around left ankle or step into handle with left foot. Hold machine in front of you for balance **(A)**.
- Leaning forward, pull left leg behind you as far as you can without overarched back **(B)**. Hold one count, then slowly return to start. Do three sets of 40, 30, 20 reps per side.

OLYMPIA-STYLE CARDIO

When you're seeking muscle definition, there's one prevailing rule, says Caccavale: Preserve! Muscle, that is. "You need to shift to developing lean mass, not cutting fat." Achieve this through steady-state cardio. "Since intensity is lower, muscle will be preserved, plus you'll also stay in a fat-burning zone longer," he notes. Also, more intense cardio lends itself to longer recovery, and you need all the time you can get for muscular repair. Stick with an incline walk on a treadmill, for 35-55 minutes at 65% of maximum heart rate.



Straight-bar Pushdown

WORKS: LATS, SERATUS, LOWER BACK

- Attach a wide-grip pulldown bar to cable machine set above shoulders. Stand a few feet from the cable stack, hands in a wide grip with palms down. Extend arms forward, elbows locked and abs engaged **(A)**.
- Pull bar down until it lightly touches upper thighs, feeling stretch in upper back and triceps **(B)**. Hold for one count; slowly return to start. Do two sets of 15 reps.



Standing Supinating One-arm Curl

WORKS: BICEPS

- Stand with feet hip-distance apart, arms at sides holding dumbbell in each hand with palms facing inward.
- Curl weight toward shoulder with right hand, rotating arm so palm faces chest. Reverse position to return to start (palm facing outside of thighs) and repeat. Do three sets of 10, 8, 6 reps per side.

4 SIMPLE NUTRITION RULES

Your diet makes up about 75% of your success. To keep it on track, follow these one-word principles:

- 1 Eat** Have 5–6 meals per day. That means no snacks! Meals!
- 2 Protein** Consume your lean body weight in protein for the day. For a 120-pound woman, that's approximately 20–25 grams of protein per meal.
- 3 Fats** They're necessary, but more loaded with calories. Stick with healthy sources like avocado, olive oil, and nuts.
- 4 Carbohydrates** They don't need to be banned entirely, but when in competition mode, restrict to sweet potatoes, brown rice, and oatmeal. Try to avoid all carbs during your fourth meal.



Cable Rope Crunch

WORKS: ABS

- Attach a rope handle to cable pulley and kneel down a few feet away from front of machine. Keep weight on knees and feet, hold ends of the rope in each hand, elbows bent with hands next to ears. Crunch forward, bringing torso parallel to floor. This is the starting position.

- Deepen crunch, drawing elbows to six inches from knees. Slowly return to parallel, keeping tension on abs.

Note: Pull with abs, not arms.

Lying Hammer Extension

WORKS: TRICEPS

- Lie on a flat bench holding a dumbbell in each hand, arms extended overhead, feet on bench. Lower dumbbells to outside of temples **(A)**.

- Press weights up, extending arms up and slightly back **(B)**. Hold for one count, then slowly lower weights to start and repeat. Do three sets of 15, 12, and 10 reps.



OUR COVER MODEL

Tanji Johnson

THIS YEAR MARKS

the 13th time Tanji Johnson will step onstage at the Olympia as a competitor, but it hasn't gotten old. "The Olympia is the most prestigious competition in the bodybuilding world, a chance to compete with the absolute best. It's always an honor to be there," says Johnson, who has placed in the top five in the past nine Olympias.

Few pro women have the staying power of Johnson, who has been competing for 17 years. "I love the versatility of being a fitness competitor—being able to bodybuild, learn gymnastics, dance, and train CrossFit." Choreography and dance come naturally, and her routines are bursting with energy. "I love performing!"

Johnson grew up an Army brat, and attended the U.S. Air Force academy where she gained leadership skills and learned discipline, confidence, and a hard work ethic. "It was the best experience in learning how to thrive under stress while managing my time and energy," she says—skills that have also served her well in the world of competitive fitness.

As she's progressed, Johnson, who recently turned 40, has evolved from a focus on building muscle and honing her gymnastics skills to spending more time on functional training, hand balancing, and HIIT workouts to increase

stamina. She includes plenty of recovery into her routine. "I get eight hours of sleep when I am training, plus I do hydrotherapy and chiropractic care once a week." She also uses a foam roller every morning and stretches for 10 minutes after each cardio session.

About seven years ago, Johnson started coaching other competitors (she now has coached hundreds of athletes under her Save Fitness team) and promoted the first official NPC Tanji Johnson Classic this past June. "I developed a niche for teaching posing and built a coaching business around it," she says. "My years in the sport have put me in a position to motivate and guide others. I wanted to serve as a role model, showing that you don't have to take drugs, get breast augmentation, give up your life, or lose your identity to be successful in this sport. You just have to be true to yourself and pursue your dreams!"



Pulse

M&F Hers

Sept/Oct 2015

ALL THE LATEST ON:
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■ Setbacks are an inevitable part of life, and that's true in your training, too. You're bound to have workouts that don't feel quite right, or times when you'd rather take a break than push through. It's how you react to these moments that matters most. The key to getting stronger, both inside and out, is to keep going when all you want to do is give up. At *Hers*, we're here to lend a helping hand, with motivational tips, nutrition strategies, and fresh training ideas that will inspire you to reach new heights.



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MY FAVE WAY TO DO...

HIIT Routines

These high-intensity interval methods will amp up your cardio sessions and burn major calories

BY SOMMER ROBERTSON-ABIAD

IFBB FIGURE PRO

Sue Ling Yip

HIIT SECRET

HILL SPRINTS

Why it's her fave: "Women carry more of their body fat in their legs and glutes. Hill sprints are a great way to burn more calories in less time while targeting stubborn lower-body areas. You'll achieve greater muscle separation for a tighter, more sculpted lower body."

Sue Ling's Workout

Find a hill that's about 10% to 15% incline (moderately steep). Warm up for a few minutes on a flat surface. Then do the following intervals: Sprint as you run uphill for about one-eighth of a mile or 20 to 30 seconds. Rest for 30 to 60 seconds, then lightly jog back downhill to actively recover. Start out with five to six all-out hill sprints per session. Aim to up the number of sprints you perform by one to two per session each week, until you can do eight to 10. Then find a steeper hill or increase the distance every couple of weeks.

INTENSITY	INCLINE (%)	DISTANCE
Warmup	0	½ mile
Sprint Uphill	10-15	¾ mile
Jog Downhill	10-15	¾ mile
Sprint Uphill	10-15	¾ mile

REPEAT SPRINT SERIES 6-8 TIMES.

FHIITTING ROOM INSTRUCTOR

Julia Avery

HIIT SECRET

KETTLEBELLS

Why it's her fave: "You can work multiple muscle groups at once with kettlebells through dynamic, ballistic movements such as the kettlebell swing, clean, or snatch. Plus, the off-centered weight forces you to use more of your stabilizer muscles, and they require a wider range of motion. When used in HIIT training, there is no better way to increase your heart rate while simultaneously building lean muscle mass."

Julia's Workout

Do five rounds of the following circuit (each round takes about four minutes):

- 15 calorie rows (row on the rowing machine until you've burned 15 calories)
- 20 kettlebell snatches (10 on each arm)
- 10 burpees

"YOUR GOAL IS TO COMPLETE ALL OF THE EXERCISES AS FAST AS POSSIBLE SO THAT YOU HAVE TIME TO REST BEFORE THE NEXT ROUND BEGINS."

—JULIA AVERY

IFBB BIKINI PRO

Marissa Rivero-McGrath

HIIT SECRET

TREADMILL SPRINTS

Why it's her fave: "High-intensity sprints of 15 to 20 seconds push fat burning to the max by increasing your heart rate and burning through more calories in a shorter amount of time. And your body will continue to burn more calories long after you step off the treadmill."

Marissa's Workout*

INTENSITY	SPEED (MPH)	TIME (SEC.)
Walk	1.5	40
Sprint	10-12	20
Walk	1.5	40
Sprint	10-12	20
Walk	1.5	40
Sprint	10-12	20
Walk	1.5	40
Sprint	10-12	20
Walk	1.5	40
Sprint	10-12	20
Walk	1.5	40
Sprint	10-12	20
Walk	1.5	40
Sprint	10-12	20

TOTAL TIME: 8 MINUTES

*Does not include warmup or cooldown.

"PUSH EXPLOSIVELY OFF THE BALLS OF YOUR FEET WITH EVERY STRIDE. YOUR HEELS SHOULD NOT STRIKE THE GROUND AS YOU SPRINT UP THE HILL."

—SUE LING YIP



"WARM UP FIRST FOR FIVE TO 10 MINUTES WITH SOME BRISK WALKING OR LIGHT JOGGING TO GET YOUR MUSCLES READY FOR THE INTERVALS AND TO REDUCE YOUR RISK OF INJURY."

—MARISSA RIVERO-McGRATH

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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Rethink Your Workout Routine

MARIA V., STOCKTON, CA

“I’m a 44-year-old grandmother. I’m 5’5” and weigh about 150 pounds. I work out three days a week, focusing on the upper body. My goal is to lose weight and sculpt muscle all over.”

OUR EXPERT SAYS

Congrats on being such an active grandmother! You’re working out often enough to meet your weight loss and muscle development goals but need to focus on the quality of your training and nutrition. For workouts, try to include compound (multijoint) exercises for upper and lower body, done at a high enough intensity that you feel fully fatigued by the end of each set. Progression is critical: Every four weeks, increase the weight

while hitting the rep counts outlined here. To help keep your diet on track, use a food log. I would also recommend emphasizing your protein intake. Protein is an enormously valuable macronutrient responsible for supporting tissue repair and muscle growth and retention. Add in a whey protein post-workout shake, like Optimum Nutrition Gold Standard 100% Whey, which has 24 grams of protein in every serving and is low in fat and carbs.

—EVAN SHY, OWNER OF SHYTOWN FITNESS, CHICAGO

WORKOUT LINGO

periodization [peer-ee-uh-duh-zey-shuh n]



Just as a business needs a plan to map its growth, your body needs a fitness plan. That’s where periodization comes in. A long-term, cyclical training strategy meant to maximize gains, prevent injury, and avoid plateaus by varying time, volume, and intensity, periodization can help those just starting out to safely progress and allow avid exercisers to see continued improvements. Most periodization plans cycle between a build phase of mostly higher-intensity workouts and a taper phase and recovery period. Before you begin, take a moment to define your goals, whether it’s prepping for a competition, training for a race, or reducing body fat and adding muscle. Then think about your time frame—how long do you have to reach your primary goal? Finally, write down the increase in weights or reps, cardio or HIIT sessions, etc. Use a notebook or an online program to stay organized. —GINO CACCAVALE

OLD WORKOUT ROUTINE

(3 sets, 15 reps)

- Triceps Pushup
- DB Biceps Curl
- DB Shoulder Press
- Shadow Box (30 sec.)
- Speed Bag (30 sec.)
- Air Jump Rope (30 sec.)
- DB Bentover Row
- DB Lateral Raise
- Triceps Chair Dip
- Shadow Box (30 sec.)
- Speed Bag (30 sec.)
- Air Jump Rope (30 sec.)

Rest 1 minute

(3 sets, 12 reps)

- DB Triceps Punch Out
- DB Hammer Curl
- DB Triceps Extension
- DB Bench Press
- Concentration Curl
- DB Shoulder Press
- DB Shoulder Raise

NEW WORKOUT ROUTINE

Day 1

(Repeat 3 to 4 times, 2-min. rest between circuits)

- DB Squat Curl and Press: 15 reps
- Shadow Box (hold 3-lb dumbbells): 30 sec.
- Plank into Pushup: 10 reps each side
- DB Lateral Raise/Front Raise (superset): 15 reps
- Weighted Stepup (on bench): 15 reps each leg

Day 2

(Repeat 3 to 4 times, 2-min. rest between circuits)

- DB Straight-leg Deadlift: 20 reps
- Body-weight Jumping Split Squat: 20 reps
- DB Bentover Row: 20 reps
- DB Reverse Flye: 20 reps
- Squat and Cable Row: 20 reps

Day 3

(Repeat 3 to 4 times, 2-min. rest between circuits)

- DB Lunge with Shoulder Press: 12 reps each leg
- Assisted Pullup: 15 reps
- Pop Squat: 20 reps
- DB Squat: 15 reps
- Long Lever Plank (elbows extended past shoulders): 1 min., increase duration with each set

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AMGE: please mail your name, address, email address and phone number along with the words "Carnipure NOW Sweepstakes" to 3E Public Relations, Attn: Carnipure NOW Sweepstakes, 219 Changebridge Rd., Montville, NJ 07045. All entries must be postmarked by September 30, 2015. Sponsors: NOW Health Group Inc., 244 Knollwood Dr., Bloomingdale, IL 60108 and Lonza, Inc., 90 Boroline Rd., Allendale, NJ 07401.



Lonza

15 WOMEN CONQUER World's Toughest Ocean Race

BY CAT PERRY

• **WE ARE TOUGHER THAN MEN** could ever know. But certain sports and careers make a woman's rise to new heights seem impossible. Yet, where there's skill, there's a way.

Team SCA is the first all-female sailing team to compete in the Volvo Ocean Race in 12 years. For this intense nine-month, 38,000-mile race around the world,

competing against six VOR-experienced male teams, nothing comes easy. Training is a one-year blitz to build strength and endurance before the boat even launches. Functional training, lifting, cardio, repeat.

We caught up with Team SCA to see just how brutal the team's CrossFit-style workouts had to be to reach the apex of sailing. The VOR came to a dramatic finish in June, when the SCA ladies made history, being the first female team to win a leg of the race. They laid everything on the line and gave the men a run for their money, making them the fittest women in action.



Sample Workouts

24-20-16-12-8-4 Reps
 ▶ Horizontal Pullup
 ▶ Overhead Lunge
 ▶ Side Slam
 ▶ Pushup
 ▶ Turkish Getup

5 Sets, 8 Reps

▶ Alt. DB Press on

Stability Ball (SB)

▶ DB Snatch
 ▶ Pipe Pullup
 ▶ Knee to Elbow

Street Gym:

45 feet, AMRAP

▶ Run to Cul-de-sac
 ▶ 10 Pullups + 10
 Dynamic Mountain

Climbers

▶ Slalom
 ▶ 3 Pullups

Interval Circuit on 30-by-30 inches

1 Rep, 3 Laps

1. Row
 2. Parallette
 Pushup

3. SB Upper-body

Clockwork w/Disc

4. Box ½ Jumps

5. TRX Horiz. Pullup

6. Dips

7. TRX Mountain

Climber on SB

8. KB Swing

9. Jump Rope

10. Bosu Squat

11. Russian Roulette

12. GHD Back

Extension

13. Ball Over Shoulder

5 Laps

▶ 10 Ft. Squats (60kg)

▶ 10 BW Dips

▶ 10 GHD

Toe Touches

PRO TIPS

HOW TO MASTER A SHORT WORKOUT

Keeping it tight in the gym applies to more than just your outfit. Optimize your workout strategy to help sculpt your best physique. Here is my gym advice for getting a fast but still effective workout.

BY DANY GARCIA

1. Multitask your warmup: Walk on a treadmill at a slight incline while rolling your shoulders and neck for 3-5 minutes. Then stretch your calves, hamstrings, and quads, or do dynamic stretches such as forward leg swings with toe touches.

2. Know before you go: Are you doing a single body part, upper, lower, or full body? Use machines that allow more than one move: leg press machine (leg press/calf raise) or the assisted pullup machine (pullup/dip).

3. Say goodbye to rest periods: Work opposing body parts between sets. Try this: dumbbell biceps curls superset with lying dumbbell triceps skull crushers, dumbbell walking lunges superset with dumbbell Romanian deadlift, and planks alternated with Supermans. This also makes the workout more aerobic.



DANY GARCIA RUNS BLOCKBUSTER CO. SEVEN BUCKS PRODUCTIONS AND IS A WEIDER ATHLETE AND PRO WOMEN'S PHYSIQUE BODYBUILDER.

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with Jamie

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— Jamie Eason



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Jamie Eason

Jamie Eason
Team Labrada

Photo by: Bobby Black

Turbo Row

For a total-body, fat-blasting workout, it's hard to beat the indoor rower

BY KRISTIN MAHONEY

• **THE MOST** overlooked—and underrated—cardio machine in the gym just might be the indoor rower. Also known as an ergometer (or “erg” among enthusiasts), the rower offers a high-intensity, full-body burn: A 140-pound woman rowing at a good pace can blast 119 calories in only 15 minutes. “Rowing is multifaceted in its benefits—there is virtually no impact, it can be as intense as you want, and it’s versatile enough for any fitness level,” says Arielle Childs, an instructor at Row House studio in New York City.

Many think of rowing as primarily an upper-body workout, but it actually works the entire body, including your upper back, shoulders, arms, core, glutes, hips, and especially legs. Before you hop on a machine and start pulling, keep in mind that form is the key to getting a good workout and

preventing injury. New erg users “tend to pull with their back rather than pushing with their feet, which can lead to back injury,” explains Childs. Newcomers often just go for speed or do the mechanics out of order, both of which compromise results.

To stroke, first push off with your legs, then pivot your back, then pull the handle toward your body,

bringing it level with the bottom of your sports bra. Follow that order (legs, back, arms) to aid your technique. Then to come back, aka the recovery, reverse that order: Extend your arms, bring your core forward, and then bend your knees into your catch position.

“The entire stroke, both the drive and recovery, should be completed in one fluid motion,” Childs says.

FAT-BLASTING ROWING ROUTINE

Once you’ve got your form set, try this total-body burner from Childs. There are no built-in breaks, so just rest as needed.

WARMUP (8 TO 10 MIN.):

Get on the erg and focus on the parts of stroke and recovery to improve technique.

PYRAMID:

Focus on increasing your stroke rate by taking about 10 to 15 strong strokes at the following pace (strokes per minute): 20, 22, 24, 26, 28, 30, 28, 26, 24, 22, 20.

• Strength moves:

Hop off the rower and do the following exercises for 45 seconds each: pushups, squats, crunches, planks.

POWER INTERVALS:

Pick up the pace and row for 20 seconds (try

to maintain a 24 to 26 stroke rate), then recover for 20 seconds; repeat. Then row hard for 40 seconds, with 20 seconds of recovery, two times. Finish with 60 seconds of hard rowing, with a 20-second recovery after each.

• Strength moves:

Hop off the rower and do the following exercises for 45 seconds each: side plank left side, side plank right side, V-up, Russian twist.

DISTANCE:

Go as far as you can in three minutes, aiming for at least 600 meters. (If you pass this number, keep going.) Recover for 60 to 90 seconds, then repeat, trying to add an additional 20 meters to your previous distance.

Finish with a few minutes of total-body stretching.



■ **Function follows form:** Rather than going for speed, dial in your technique.

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Q “I train two to three hours in Muay Thai and jiu-jitsu, plus 30 minutes of cardio in the morning, some yoga or Pilates every other day, and lift once or twice a week. I eat between 1,500–1,600 calories a day with a balance of carbs, fats, and protein and then have one refeed day of around 2,000 calories. I get enough sleep, take a rest day, and have a daily multivitamin. But despite all of my careful planning I am still exhausted. What am I doing wrong?”

—DOMINIQUE R., VANCOUVER, BC

“This is a complicated question because each person’s individual needs are unique based on gender, body weight, and physical activity. But my gut tells me you are not consuming enough calories or getting enough hydration throughout the day,” says Felicia Stoler, M.S., R.D., a nutrition and exercise physiologist and the author of *Living Skinny in Fat Genes*. “My next suggestion would be to balance out your calories so that you eat close to what you need every day—not low on some days and then one binge day each week. **I’d rather see you eat 1,800 calories every day than not get enough and try to make up the difference in one day.**” And don’t forget about quality with that quantity. “Make sure you’re getting enough fruits, veggies, and whole grains,” adds

Stoler. “It may be helpful to meet with a registered dietitian who can help you determine your nutrient needs.”

Q “What’s a good hamstrings isolation exercise? My glutes tend to take over whenever I try to go up in weight in linear leg presses and deadlifts.”

—AMBER S., ALPHARETTA, GA

The hamstrings are a fast-twitch muscle group that responds best to explosive movements. If you want to completely isolate these muscles, the single-leg lying or standing leg curl machines may be your best options. But they’re not necessarily the most effective ones, says *Hers* technical adviser Gino Caccavale. “Your hamstrings work harder

when your glutes are activated,” he adds. “You need that assistance for different and heavier loads.” Caccavale recommends the GHD, or glute-ham developer. “It’s the best apparatus to lengthen and contract the hamstrings at the knee and hip.” Romanian deadlifts are also effective, but form is crucial: Push your hips back as you lower the barbell to midshin, then drive your hips forward and push from your heels as you rise. Alternate the GHD and Romanian deadlifts every other workout for

WATER WORKS: Staying hydrated throughout the day can help boost performance and curb feelings of fatigue.

maximum effect. And try training your hamstrings on a separate day from your quads, or two days after a heavy leg day, to boost results.

Q “Is my heart-rate monitor accurately reading how many calories I’m burning?”

—DURELL D., LAS VEGAS, NV

“It probably has a margin of error of about 15%,” says John P. Higgins, M.D., associate professor of medicine at the University of Texas Health Science Center. Factors such as height, weight, and age help predict calories burned based on common algorithms, but your fitness, gender, genetics, exercise duration, and body mass index also help determine calories burned, he adds. The most accurate models use both a chest strap and wrist monitor.

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Say No to Sugar

• MAINTAINING YOUR WEIGHT LOSS

and fitness goals is one of life's greatest rewards—and challenges. And certain foods like sugar, even those found in “healthy” foods, can derail those commitments indefinitely. That's why Tosca Reno, best-selling author and founder of the *Eat-Clean Diet* series, wants you to nix the refined sweet stuff for good. Her philosophy: “Remove the sugar, reveal the physique.”

More than 15 years ago, Reno, too, was addicted to sugar and suffering the consequences: depression and stalled weight-loss efforts. But cutting the sweet stuff from her diet turned that pattern around.

Too much sugar can cause insulin spikes, drain energy, lead to cravings, and signal the body to store more fat. But replacing sugary foods with healthy carbs, protein, and fat will help slice out fat cells that may be hindering your progress. Interested in striking sugar yourself? Download a copy of Reno's *Strike Sugar* e-book at toscareno.com. —Cat Perry

■ Cut out the sweet stuff and watch your results soar.

THE SURPRISING NEW DIET TRICK

Want to cut body fat? Try cutting down on the types of food you eat. A new study in the journal *PLOS ONE* found that when consumers have too many options, they're more likely to eat more. But it's not just about the number of brands to choose from. “Too much variety in general has been shown to lead to overeating,” says Mitzi Dulan, R.D., a nutritionist based in Leawood, KS. Previous research from Cornell University Food and Brand Lab has found that when moviegoers were given M&M candies in 10 different colors, they ate 43% more than people offered the same number of M&Ms in seven colors. “Studies suggest that the less variety you have in your diet, the better able you are to stay on track,” notes Dulan. Try eating healthy foods you know and are familiar with to control portions whenever possible. Then introduce just one or two new foods when you want a little something new. —DK



LABEL ALERTS

That food label you are so diligent about reading may be highly misleading, according to experts who say the numbers may be off by

as much as 25%. “Current methods for determining calories are imperfect,” notes Katherine Tallmadge, R.D., a nutritionist based in Washington, D.C. More often than not, the numbers are higher than they should be, especially

when it comes to protein and fiber. “We all digest foods differently, so it's impossible to say exactly how many calories you might get from these nutrients,” says Tallmadge. Ironically, processed foods seem to be more accurate with label information than high-protein, low-carb, and fiber-rich whole foods, which is helpful in knowing which foods to avoid. “I would still have faith in the food labels, as that's our only choice,” adds Tallmadge. But tuning into your body's own signals can help keep you on track.

—DIANA KELLY

BIG BUSINESSES COME CLEAN

You and your fit friends know the many benefits of eating clean—now a few large food manufacturers are discovering a healthy diet is also good for business and are cleaning up their products. Below, a few of our favorite developments that are making it easier for everyone to eat healthier.

General Mills:

Original Cheerios are now non-GMO

Ben & Jerry's:

Eliminated GMOs from their frozen desserts

Chipotle:

Restricted antibiotics in chicken and are now GMO-free

Panera Bread:

Using more antibiotic-free chicken

Tyson:

Phasing out human antibiotics in all chicken products



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Early-Morning Energizer

• **LORNA JANE CLARKSON** has been setting the pace for sexy fitspirational activewear for the past 25 years. Forever emphasizing balanced bliss, she is living out a promise to bring women food and lifestyle tips that can help them reach their fit-living goals. *Hers* editors swooned over this power-food-packed, satiating breakfast from her cookbook *Nourish* and enjoyed the healthy-living tips found in her newest book, *Inspired*. To speed your morning, prepare the veggies the night before, then just heat in the morning with a fresh egg. Enjoy!

NOURISHING BREAKFAST SALAD

PREP + COOK TIME:
35 MINUTES **SERVES:** 2

INGREDIENTS FOR SALAD

- 9½ oz piece pumpkin, unpeeled, cut into ½-inch-thick slices
- 3 oz Swiss brown mushrooms, halved
- 1 large zucchini, cut diagonally into ½-inch-thick slices
- 1 small red bell pepper, sliced thickly
- 2 eggs
- 2 cups trimmed watercress leaves
- 1 tbsp toasted pepitas

DRESSING

- 1 tbsp cold-pressed extra-virgin coconut oil
- 1½ tbsp lemon juice
- 2 tsp chopped fresh thyme leaves
- 2 tsp pure maple syrup
- Salt and pepper

DIRECTIONS

- 1.** Preheat oven to 425°F.
- 2.** To make dressing, combine ingredients in a screw-top jar and season with salt and pepper to taste. Shake well.
- 3.** Combine vegetables and 1 tbsp dressing in a large baking-paper-lined baking dish. Bake about

25 minutes, or until vegetables are lightly browned and tender.

4. Bring saucepan of water to a boil; reduce to simmer. Crack each egg into a cup and slide into the water in the center of the pan. Cook 5 minutes, or until the eggs are done to your liking. Remove with a slotted spoon.

5. Combine vegetables and watercress in a large bowl; transfer to serving plates. Sprinkle with pepitas, top with poached eggs, and drizzle with remaining dressing.

PER SERVING

Calories: 266, Fat: 14.5g, Saturated Fat: 4g, Carbs: 25g, Fiber: 4g, Protein: 13g

SALAD FOR BREAKFAST?

Use any mixture of your favorite roasted veggies for a savory start to your day.

JUST LIKE YOU.

Ever dream of **becoming a personal trainer**?
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Meet Noell

"Six years ago, I started as a trainer at a large corporate gym and a few years later I took a huge leap of faith and started my own training business. It was a risky decision but I had big dreams and my drive to reach them was greater than my fear of failing so I went for it. Now looking back, I am so glad that I mustered up the courage to make that change because my oh my, I had no idea what exciting things would come my way.

The opportunities that have come up are largely due to the foundation ISSA's personal training certification gave me. My knowledge and confidence continue to grow and it's so nice to have ISSA's credible resources to refer back to. They also gave me ideas for promoting my business, retaining my clientele base and networking with fellow industry leaders, all of which have been an integral component to my success! Thank you ISSA for giving me the building blocks I needed to reach my wildest dreams!!"

—Noell Yanik, ISSA CFT
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ISSA FAST FACTS

- For over 25 years, ISSA has provided fitness education to over 180,000 students and trainers in 92 countries
- Surveys show that the personal training industry has a high degree of job satisfaction and is one of the fastest growing industries
- ISSA provides no-cost educational support to all of its students, even after program completion



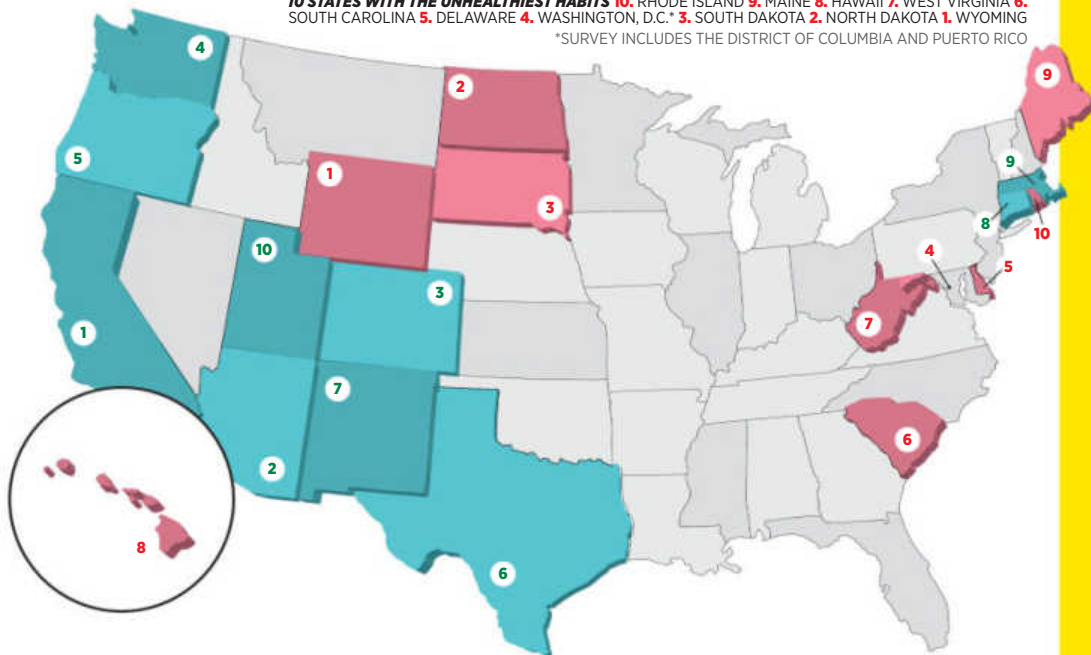
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10 STATES WITH THE UNHEALTHIEST HABITS 10. RHODE ISLAND 9. MAINE 8. HAWAII 7. WEST VIRGINIA 6. SOUTH CAROLINA 5. DELAWARE 4. WASHINGTON, D.C.* 3. SOUTH DAKOTA 2. NORTH DAKOTA 1. WYOMING

*SURVEY INCLUDES THE DISTRICT OF COLUMBIA AND PUERTO RICO



How Healthy Is Your State?

• **FITNESS APP MAPMYFITNESS** analyzed data from 22 million users to rank the states with the healthiest habits, based on diet (staying within 10% of daily calorie goals, staying below or at sugar and sodium goals, meeting or exceeding fiber goals) and activity (length, frequency, and type of exercise). Above, who won (and lost).

A POTENTIALLY DEADLY FORM OF CAFFEINE

Most of us rely on caffeine for a morning pick-me-up, and we know it can improve exercise performance. But not all forms of caffeine are equally safe. After a few caffeine-powder related deaths in the past year, advocacy groups are asking for a ban on sales of pure caffeine to consumers. "Caffeine powder can be very dangerous," says Marie Spano, a Washington, D.C.-based sports nutritionist. There is no FDA regulation

to disclose how much caffeine a product contains, and even if that information were available, there's no guarantee it's accurate. "Studies have found that some products may contain considerably more caffeine than stated," Spano says. And it doesn't take much caffeine powder to overdose. Symptoms of overdose can include vomiting, diarrhea, stupor, disorientation, rapid or erratic heartbeat, and seizures. —*Diana Kelly*

25 CUPS OF COFFEE

Amount of caffeine in one teaspoon of pure caffeine powder



MEDITATE FOR YOUR MIND—AND YOUR GUT

Practicing yoga or meditation may do more than reduce stress—research shows it can also help relieve some gut disorders. A new study published in the journal *PLOS One* looked at people who had irritable bowel syndrome (IBS) or irritable bowel disease (IBD) and found that those who practiced yoga and meditation daily for nine weeks had decreased symptoms associated with their conditions and relied less on their medications. Stress is known to play a big role in both IBS and IBD, so it makes sense that relaxing can help reduce symptoms. "If you suffer from bowel discomfort, it might be worth dedicating some time to practice relaxation techniques to see what impact it has on your bowels' function," says study author Braden Kuo, gastroenterologist at Massachusetts General Hospital. —*DK*



3 KEY WAYS TO REDUCE YOUR BREAST CANCER RISK

Your daily healthy habits already help minimize your risk of breast cancer. Here's what else you can do:

- **Call for a checkup.** "Until you know your risk, it's not possible to get appropriate recommendations," says Therese Bevers, M.D., medical director of the Cancer Prevention Center at MD Anderson Cancer Center. "We consider hormonal factors, weight, alcohol consumption, exercise, age of first period, family history, and medications." Talk to your doc about your medical and family history and whether it's time for a mammogram.
- **Cut back on celebratory drinking.** While you're probably not imbibing too often, keep your intake to one drink daily. More than that will boost your risk.
- **Change up birth control.** If you're through with childbearing, look into other options to prevent pregnancy, Bevers says. Your cancer risk goes back to baseline within five years once you stop taking the pill, she says.

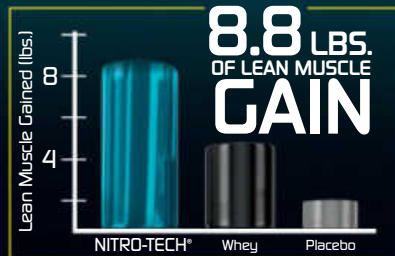
—*DK*

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Shoulder the Load

You love the look of a well-developed shoulder, but all that weight work may cause more harm than good. Here's how to make sure your body's most mobile joint stays strong and healthy.

BY SOMMER ROBERTSON-ABIAD

• **THE SHOULDER** is the most flexible joint in the body, but it's also one of the most injured. Blame its hypermobility (no other joint can move 360 degrees) and underlying instability. But your workout routine may also be causing trouble. "Shoulder injuries are often the result of imbalances between the chest and back muscles, particularly the pectoralis major, the infraspinatus, and deltoid muscles," says Alvin Brown, an osteopath and clinical director of the Centre for Healing and Personal Potential in

Ontario, Canada. These imbalances are often linked with tightness and inflexibility. Poor lifting technique can also cause problems. The most common shoulder injuries include tendinitis, bursitis, and tears. If you have a loss of full range of motion above 90 degrees and pain when moving your arm around, you're most likely suffering from one of these injuries, Brown says. Here's how to ID the issue you're dealing with and what you can do to prevent it from happening in the first place.

HOW TO TREAT

STEP 1 / RICE. Rest, ice, compression, and elevation work best in early stages. Cold therapy is especially helpful to reduce pain and inflammation.

STEP 2 / Alternate heat and ice. Contrast therapy may be more beneficial if the injury is more than a few days old, since it increases blood flow to the injured area.

STEP 3 / For chronic shoulder pain, avoid any overhead exercises that involve continuously moving the arm from below to above shoulder level.

■ Give your shoulders a little TLC with the rest and recovery.

START HERE

Shoulder pain diagnosis

IF PAIN IS:

Coming in gradually over time but goes away with warmup; felt on outside or front of shoulder, spreading down to elbow; felt at night, especially when lying on affected shoulder; getting worse when raising arms or lifting overhead; felt during heavy pushing or pulling movements.

YOU MAY HAVE:
ROTATOR CUFF AND BICEPS TENDINITIS OR SUBACROMIAL BURSITIS

Tendinitis is an inflammation of tendons, often due to repetitive movements. It can occur with bursitis, an inflammation of the bursa (a fluid-filled sac at top of shoulder).

IF PAIN IS:

Sharp or a dull ache deep in the shoulder; accompanied by weakness when lifting hand above shoulder height, when reaching behind back, or rotating arm; felt at night, especially when lying on affected shoulder; felt at rest as condition progresses.

YOU MAY HAVE:
ROTATOR CUFF TEAR

A tear can occur under heavy loads (such as lifting too heavy of a weight overhead), but it's more commonly caused by repeated microtrauma that wears the rotator cuff tendons over time.

IF PAIN IS:

Tender to touch at front of shoulder or made worse with lifting, pulling, or repetitive overhead reaching; accompanied by a "catching" or "clicking" in the shoulder with movement; causing difficulty reaching behind back and overhead.

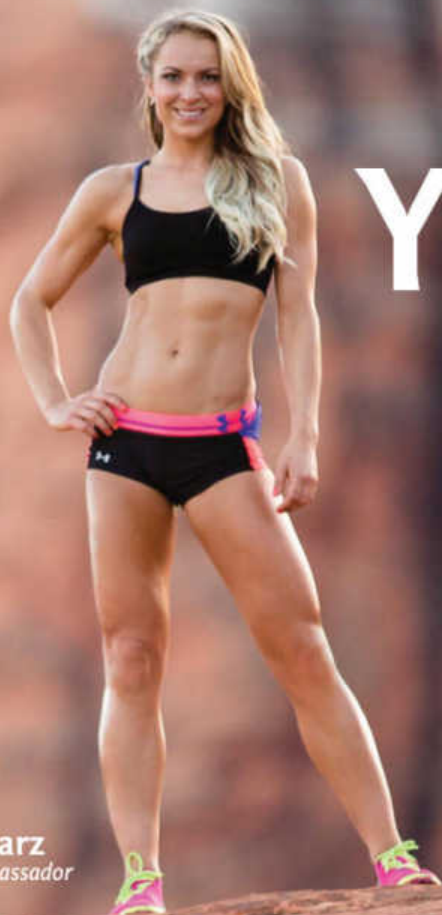
YOU MAY HAVE:
BICEPS TENDINITIS

Although it's in the biceps muscle, continuous or repetitive overuse of the biceps tendon can be felt through overhead movements, rotator cuff tears, and chronic shoulder instability due to weakness in the rotator cuff and upper-back muscles.

Photo: Todd Ellis

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STAY HEALTHY

The best way to reduce your risk of injury is by improving flexibility in the rotator cuff and shoulder capsule, notes Whitney Wiser, a trainer and IFBB bikini pro. Here are three key stretches to improve your shoulder ROM, which can help both prevent injury and speed recovery. Follow these stretches with a light warmup (maximum five-pound weights), doing one set of 15 reps of each of the following: front dumbbell raises, side lateral raises, and dumbbell internal and external rotations.



OVERHEAD SHOULDER STRETCH

TARGETS: INFERIOR SHOULDER

Stand erect and extend your arm overhead with the elbow flexed, hand resting on the upper back. Grab your elbow with the opposite hand and gently pull your arm downward. Hold for 20 to 30 seconds. Repeat 3 to 4 times per side.



CROSSOVER ARM STRETCH

TARGETS: POSTERIOR SHOULDER

Stand erect and extend your arm in front of you. Place the opposite hand on your elbow and gently pull your arm across your chest. Hold for 20 to 30 seconds. Repeat 3 to 4 times per side.



DOORWAY STRETCH

TARGETS: ANTERIOR SHOULDER

Stand in a doorway and hold on to both sides of the door jam with your hands slightly behind you. Extend your arms, allowing them to straighten as you lean forward. Hold for 20 to 30 seconds. Repeat 3 to 4 times.

ANATOMY OF THE SHOULDER



The shoulder joint is formed by the union of the humerus, the scapula (the shoulder blade), and the clavicle (collarbone). It's actually made up of two separate joints and one pseudo-joint—the glenohumeral, the acromioclavicular joint, and the scapulothoracic joint. Together, these three joints facilitate movement and allow the arm to rotate around its axis at the shoulder, such as when you are doing movements like the front raise to overhead press. The supraspinatus, infraspinatus, teres minor, and subscapularis (or SITS muscles) are the small muscles, known as the rotator cuff, that help stabilize and control "free" movement of the shoulder around its axis.

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BY CHRISTINA SIMONETTI
PHOTOGRAPH BY BRIAN KLUTCH

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BY CAT PERRY | PHOTOGRAPHS BY BRIAN KLUTCH

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#NATURESFOOD

Heather Grace Gracie

Descended from martial arts royalty, the fitness model, MMA fighter, and dedicated vegan proves she's tough enough to take on all comers

BY CAT PERRY



LEGENDARY ROOTS

Brazilian jiu-jitsu traces its origins back to Japanese samurai, judo, and Shaolin kung fu, but Gracie's grandfather, Carlos Gracie Sr., developed the martial art that sets today's standard for mixed martial arts and military hand-to-hand combat training.

"When I was born, the doctor turned me upside down and tried to spank me...so I wrist-locked him," laughs Gracie. She was raised "to be intelligent and avoid fights before they begin. But if there's no way out, show no mercy." She started boxing at age 14, and her mother wasn't too happy, but Gracie was hooked. At age 18, she learned jiu-jitsu from her uncle, Grand Master Reylson Gracie.

RULES WILL BE BROKEN

Gracie doesn't compete. "I don't see it as a sport," she says.

"Martial arts are tools of war. War does not decide who wins; war decides who's left." But she does grapple frequently. "[Competition] rules have created a lot of 'sport jiu-jitsu' practitioners who fight for points, using techniques that may win them the fight but would hardly hold up in real combat," notes Gracie. "You need guts, heart, and stamina to deal with equally skilled fighters." Still, she says, "a lot of people want to see a Gracie girl step into the Octagon, especially at my division [135 pounds]. So, never say never."

TRAIN LIKE AN ANIMAL

Strength, speed, and agility have to be a totally balanced triangle, all equally strong in MMA. "Big but slow muscles, or fast, lean ones with no power, or overall loss of flexibility will cost you—so you have to find your perfect balance," she says. "I stretch, lift, and do a

lot of cardio. Between reps I do jump squats and knee-highs."

Gracie's core strength drills are "fairly insane," she says. Her daily abs routine includes cable crunches, knee-highs, hanging leg raises,

and medicine ball leg raises (six to eight sets of 30 reps each, all done back-to-back). "And I never skip leg day," adds Gracie, who leg presses more than 400 pounds.

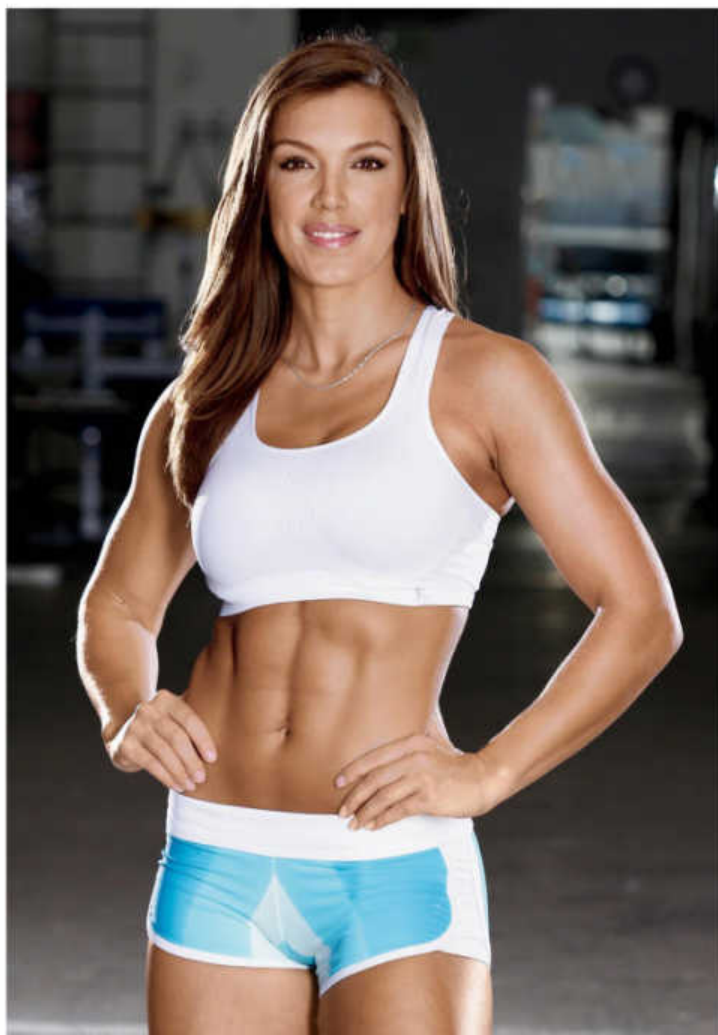
EAT NO MEAT

A vegan for 10 years, Gracie knows her diet can stand up to her training. "If athletes don't study up on [veganism], they will eat the wrong things and lose strength and muscle mass. Pound for pound, the gorilla is one of the strongest mammals on the planet, and it's

an herbivore, as are elephants and buffalo. Herbivores have the muscle mass and stamina to go the distance," she says.

(WO)MAN'S BEST FRIEND

In her free time, Gracie hangs out with her four pit bulls. "I delivered all of them myself. I used to breed dogs, but I can't do it anymore in good conscience, seeing how many poor dogs end up in or die in shelters. Now I'm a huge adopt-a-dog advocate. I wish I could save them all."



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50 Cent

The multitalented hip-hop legend, actor, and entrepreneur on the importance of working out, eating clean & staying busy

BY KRISTIN MAHONEY

DISCIPLINED DIET

I eat a lot of grilled chicken and broccoli. I don't have one cheat meal; I like to go out to a nice restaurant and have something I'm not supposed to have, like pasta at one of my favorite Italian restaurants.

PERFECT DATE

The most important trait I look for in a woman is confidence. If a woman is confident, you can actually meet her and get to know her. The perfect date depends on whether I want to be with that person. If I don't, then going to the movies is great because you don't have to talk. But if it's the right person, it doesn't matter where we go or what we do—it's just about going out and really learning about her.

SWITCHING GEARS

As an artist, I had already spent a lot of time in front of the camera, but I wanted to continue to creatively challenge myself, so I got into acting. (He currently produces and appears in the Starz series *Power*.) I don't have a lot of downtime. My schedule is packed right now; I think I have one day off this whole next month. I like it that way, though.

GYM FLOW

My workout changes in accordance with what I'm trying to achieve. Right now I'm doing a lot of cardio or high-intensity reps, where you have 45 seconds to recover. Music definitely takes your mind off how much time is left in the workout.

WORDS OF WISDOM

"If I had the chance to give my younger self advice, I would say not to be affected by other people who may not appreciate my art."

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“I Wanted to Like What I Saw in the Mirror”

Ashley Soto went from hiding under baggy clothes to showing off her physique at a fitness competition. But the biggest changes she made were on the inside.

BY KRISTIN MAHONEY

• **ASHLEY SOTO** was able to get away with eating lots of junk food when she was growing up, but the combination of an unhealthy diet and having two children close together (daughter Melanie was born in 2010; daughter Ava in 2011) was hard on her body. By 2013, Soto, 24, packed 161 pounds onto her petite 5'3" frame. It took an emotional toll as well. “I constantly pointed out what was wrong with myself.”

That March, she decided she'd had enough. She found inspiration in other

women's postings on Instagram. “I started teaching myself new recipes, going to the gym, and researching different exercises.” She replaced those high-calorie junk foods with sweet potatoes, chicken breast, quinoa, and leafy greens. As a stay-at-home mom who is studying health-care administration, Soto fit in her workouts by exercising in the morning and bringing her daughters to the day care at her gym. “I began to see the weight come off and my muscles emerge,” says Soto. Within six

months, she had lost 25 pounds.

Last October, Soto decided to take it to the next level by entering a fitness competition. “I wanted to get on that stage and give it my all, even if that meant

fighting the fear of what others may think of me. Just being able to feel comfortable walking around in a bikini in front of hundreds of people was huge,” says Soto. She brought her weight down to 111 pounds and placed third in her first competition, the Jen Hendershott Big Shott Classic, where she became a nationally qualified figure competitor.

Her newfound self-confidence has



ASHLEY SOTO

161 lbs
HEAVIEST WEIGHT
125 lbs
CURRENT WEIGHT

HOW SHE DOES IT

Diet: Five meals a day
Favorite meal: Tilapia with brown rice and a leafy

green vegetable
Workout: Soto works out five to six days a week for about an

hour and a half, training different body parts each day
Favorite part to train:

Legs
Favorite supplement: Dymatize ISO 100 whey protein isolate

made her appreciate her family, and she hopes her daughters will learn what it means to have a positive body image. “No matter how you look, it's important to always love yourself. You can't change for anyone else but you.”

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OUR MODEL

Erin Stern

**2x Ms. Figure
Olympia champion,
USATF competitor**

Hometown: Tampa, FL

Occupation: Online
coach/consultant,
author, motivational
speaker

Facebook: /FitErin

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GIVE 100% AND
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HAPPY AND
SUCCESSFUL!"**

ERIN STERN'S ULTIMATE LEG DAY: SMITH MACHINE WORKOUT

The Smith machine is one of the most versatile pieces of equipment in the gym, but with its tower frame, locking bar, and safety latches it can also be the most intimidating. **Two-time Ms. Figure Olympia Erin Stern** has your back!

She designed this workout to harness the all-out muscle-isolating power of the Smith machine so you can sculpt lean legs and a sexy butt all in one place.

BY CAT PERRY | PHOTOGRAPHS BY BOB CROSLIN



Romanian Deadlift

SETS: 4 | **REPS:** 10
WORKS: CORE, LOWER BACK, GLUTES, HAMSTRINGS

- Stand with feet hip width in front of the barbell. Grasp bar with overhand grip, hands shoulder width. Unlock bar.
- Looking forward and with a natural arch in your lower back, fire your hamstrings and glutes to lift the barbell until your body forms a straight line. This is your starting position **(A)**.
- Press your hips and glutes back, keeping knees slightly bent, allowing the bar to drag along thighs until it's just below your knees **(B)**. Keep chin up and lower back arched.
- Drive through your heels to return to start.



Sumo/Plié Squat

SETS: 4 | **REPS:** 10
WORKS: GLUTES, QUADS, HAMSTRINGS

- Stand in front of Smith machine with the barbell resting across your shoulders. Place your feet wider than shoulder-width apart in a sumo stance, feet slightly turned out.
- Grasp bar with a shoulder-width grip, brace your abs, and lift bar off of rack **(A)**.
- Hinge forward from hips and lower into a squat, keeping chest up and lower back arched, until thighs are parallel to the floor **(B)**.
- Drive through heels to return to standing.

Zercher Squat

SETS: 4 | **REPS:** 10
WORKS: GLUTES, QUADS

- Stand at the Smith machine, barbell in front of your body and racked at elbow height.
- Bend arms around bar so it rests in the crook of your elbows. Keep feet hip width and toes turned out slightly. Lift it slightly to unlock bar **(A)**.
- Bracing your abs and keeping your chest up, hinge back with your hips into a squat until your thighs are parallel with the floor **(B)**.
- Push your knees out and drive through your heels to return to standing.



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Curtsy Lunge with Iso Hold

SETS: 3 | **REPS: 8 (PER SIDE)**
WORKS: GLUTES, QUADS, CALVES

- Stand at Smith machine with bar resting across shoulders, feet hip width. Unlock bar.
- Lunge left foot back behind you to the left until front thigh is parallel with the floor and left knee is nearly touching the floor, keeping your chest up. Pause for two seconds.
- Return to standing, placing right foot hip width from left. Repeat for reps; switch sides.



Calf Raise

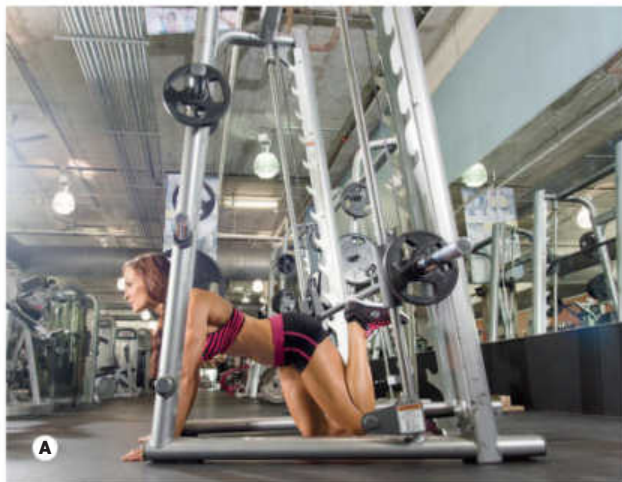
SETS: 4 | **REPS: 10** | **WORKS:** CALVES

- Stand at Smith machine on top of a step and grasp the bar across your shoulders with feet hip-width apart, toes forward.
- Squeeze glutes and rise onto balls of your feet. Get a good stretch in your calves at bottom of rep by letting your heels hang below step level.

Glute Kickback

SETS: 3 | **REPS: 12-15 (PER SIDE)** | **WORKS:** GLUTES

- Place a mat underneath Smith machine and set the bar safety latches to one of the lower latches, at about knee height. Unlatch Smith bar and let it rest on the safety.
- From your hands and knees, place the sole of your left foot in the middle of the bar, with your left knee directly below your left foot and left knee below your left hip (A).
- Keeping your back straight and left foot level, kick your leg up as high as possible (B). Lower your foot until it's nearly touching the safeties.



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**CREOLE GUMBO
WITH RED BEANS
AND RICE**





EAT CARBS WITHOUT FEAR

Five meals that you'll think are cheats—but are really great for fueling your workouts

RECIPES BY **CHRISTIAN COATES**

PHOTOGRAPHS BY **MOYA MCALLISTER** | FOOD STYLING BY **DANA BONAGURA**

TIP: Glycemic index, a measure of how high blood sugar rises and how long it remains high, depends on the quality and quantity of carbs you eat. In most cases, lower GI foods are better—except post-workout, when higher GI foods can replenish muscle glycogen stores.

• **FOR TOO LONG**, *carbohydrates* has been a bad word. We've embraced the idea that cutting out most forms of carbs from our diets will help us lose weight and build muscle. And certainly, eliminating the most processed forms—white flour, white rice, plain pasta—can go a long way toward helping you reach your fat-loss goals. But as an active woman, you can't afford to fear carbohydrates. In fact, the right type and amount can make a huge difference in your training and your results.

"Muscle glycogen, or stored carbs, is the No. 1 fuel source used during high-intensity training sessions, so it's important to have enough in your diet to get you through your workouts," notes Christian Coates, founder of Soulmate Food in the U.K., which seeks to blend functional, fitness-friendly food with high-level cuisine; and author of *Soulmate Food Fitness Gourmet*. Post-workout, carbs help restore muscle glycogen and even give your immune system a boost.

The key, of course, is knowing which carbs to embrace and which to avoid. While all carbs increase blood-sugar levels, high-fiber, lower-sugar foods slow this reaction. Opt for nonrefined whole-grain carbs such as bulgur wheat, quinoa, sweet potatoes, and brown rice. And make sure to balance meals with lean protein and healthy fats, adds Coates.

These recipes, developed by Coates, highlight carbs that are low on the glycemic index and are packed with nutrients. They're perfect to fuel you up for your workouts and aid in recovery—especially on hard-training days when your body needs that extra edge.

CREOLE GUMBO with RED BEANS and RICE

MAKES 2 SERVINGS

Because its outer layers are kept intact, the brown rice found in this Louisiana favorite is teeming with nutrients, including manganese, selenium, and phosphorus. A simple swap to brown rice from white rice packs a plate with high-quality carbs for lasting energy.

INGREDIENTS

- ¼ cup long-grain brown rice
- ¾ cup cooked kidney beans, rinsed
- 2 scallions, finely sliced
- 1¼ cube organic chicken bouillon
- 2 tsp vegetable oil, plus 1 tsp
- ¼ cup flour
- 1 onion, diced
- 2 green peppers, sliced
- 2 sticks celery, sliced
- 3 cloves garlic, chopped
- ½ cup saucisson or salami, skin removed and diced
- 2 tsp Cajun seasoning
- ½ tsp smoked paprika
- 10 king prawns
- ½ tsp Tabasco hot-pepper sauce
- ½ tsp Worcestershire sauce

DIRECTIONS

1 Cook brown rice according to package directions; when almost done, add beans for final few minutes of cooking. Drain rice and beans; return to pan with scallions; stir. Set aside.
2 Meanwhile, bring 1¼ cups water to boil in a pan. Using a handheld

blender, mix in bouillon, then add another 1¼ cups water to make stock. Remove from heat.

3 Heat 2 tsp vegetable oil in a large pan over medium heat. Add flour and stir in oil until a paste forms. Continue cooking, stirring until golden brown. Remove from heat.

4 Add a little chicken stock to pan; stir until combined to make sauce. Repeat, adding a little stock at a time until all liquid is combined. (If lumpy, pulse with hand blender.)

5 Heat a deep frying pan on high heat; add 1 tsp oil. Add onion, peppers, celery, and garlic; cook 2–3 minutes, then add saucisson and dry spices; stir 1 minute.

6 Add prawns and sauce. Then add Tabasco and Worcestershire sauces and bring to a boil. Simmer for 3–4 minutes and serve with rice and beans.

PER SERVING

Calories: 586, Fat: 29g, Sat. fat: 8g, Carbs: 59g, Fiber: 8g, Protein: 22g



GRILLED CHICKEN BREAST with PESTO BULGUR-WHEAT SALAD and CRUMBLED FETA

MAKES 2 SERVINGS

Bulgur wheat is a Middle Eastern staple with half the calories of quinoa but a greater percentage of fiber per calorie. That makes it a great grain for controlling hunger without bringing your carb count astronomically high.

INGREDIENTS

- 1 small or ½ large sweet potato, peeled and diced
- ½ cup bulgur wheat, uncooked
- 2 4-oz chicken breasts
- 1 ear corn
- 1 medium to large carrot, peeled
- 1 small zucchini
- ½ cup jarred pesto
- 1½ cups sundried tomatoes
- 1½ oz fat-free feta

DIRECTIONS

1 Preheat oven to 350°F. Place sweet potato on baking tray and roast for about 20 minutes, or until tender.

2 Cook bulgur wheat according to directions; drain and let cool.

3 Meanwhile, place chicken in a heated frying pan coated with cooking spray and heat until golden brown on each side, turning halfway

through. Transfer chicken to baking tray and roast for 10–12 minutes until fully cooked.

4 Boil corn on the cob in water for about 5 minutes or until tender. Set aside and let cool.

5 Using a mandoline or Spiralizer, slice carrot and zucchini into long, noodlelike strips.

6 Once bulgur wheat is cool, mix in pesto and divide over two plates. Layer carrot and zucchini noodles on top of bulgur wheat.

7 Cut kernels from cobs and roughly chop sundried tomatoes, then scatter over noodles. Slice chicken and place on top. Garnish with crumbled feta.

PER SERVING

Calories: 590, Fat: 16g, Sat. fat: 3g, Carbs: 73.5g, Fiber: 7.5g, Protein: 38g

SUPERGREEN CANDY SALAD with MANGO and POMEGRANATE

MAKES 2 SERVINGS

Quinoa, the king of carbs, is a great alternative to typical grains like wheat, oats, and barley. What sets quinoa apart is its amino-acid profile, which yields a whopping 24 grams of complete protein per cup. Quinoa also contains high levels of heart-healthy essential fatty acids, such as ALA and oleic acid. Plus, its high fiber content (12g per cup) makes it a low glycemic-index source of energy—perfect for fueling longer workouts.

INGREDIENTS

Dressing

- 2¼ oz baby leaf spinach
- 2 tsp mint
- 2 tsp fresh cilantro
- 1 large scallion
- ¼ red chili
- 1 tbsp extra-virgin olive oil

Salad

- ¾ cup quinoa, uncooked
- 3 oz chicken breast
- Salt and black pepper, to taste
- Extra-virgin olive oil, for oiling
- ¼ cup edamame, shelled
- 4 Peppadew peppers,

- quartered (can also use chopped or jarred red peppers)
- ½ cup mango, peeled and cut into chunks
- 3 tbsp pomegranate seeds
- 3 tbsp candy beetroot, peeled and finely sliced (can also use normal beetroot)
- 3 tbsp golden or regular beetroot, peeled and finely sliced
- 1 oz nonfat feta cheese

DIRECTIONS

- 1 Place all dressing ingredients in a blender

and puree.

- 2 Cook quinoa according to package directions, then drain and cool.

- 3 Slice chicken breast along its length to get a butterfly joint. Season with salt and pepper and cook in an oiled pan over medium heat for 4 minutes on each side.

- 4 Remove from heat and shred chicken.

- 5 In a large bowl, mix dressing with cooked quinoa. Toss vegetables and fruits together and mix; then crumble in feta.

- 6 To serve, divide among four plates and top with shredded chicken.

PER SERVING

Calories: 547, Fat: 24g, Sat. fat: 3.5g, Carbs: 81g, Fiber: 10.5g, Protein: 35g





TIP: You don't need to consume loads of healthy carbs at every meal for the sustained reduction in blood glucose levels, thanks to the "second meal" effect that low GI foods create. Just one low GI food per meal is enough.



Find delicious recipes like these and more in **Soulmate Food Fitness Gourmet**, which features in-depth nutritional information and diet plans for specific goals, from losing weight to building muscle to finding balance.



SALMON with SAFFRON TOMATOES, FENNEL, and SWEET POTATO

MAKES 2 SERVINGS

Sweet potato trumps the rest of the carb field based on its high vitamin A content and relatively lower carb count. Plus, its high levels of soluble fiber help control blood sugar and slow digestion so you feel satisfied longer.

INGREDIENTS

- 1 cup fennel
- 1 medium red onion
- 1 small to medium zucchini
- 2 small sweet potatoes or 1 large, peeled
- ½ cup cherry tomatoes
- 2 4-oz salmon fillets
- ⅓ cup sugar snap peas
- Handful of parsley

Sauce

- 1 clove garlic
- ½ tsp fennel seeds
- 2 sprigs thyme
- Small pinch of saffron
- ½ tbsp vegetable oil
- 1 tsp agave syrup
- ½ tsp vegetable bouillon
- ⅔ cup water
- ⅓ cup tomato puree

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Chop fennel, red onion, zucchini, and peeled sweet potato into wedges, then roast for 30 minutes or until golden. Roast cherry tomatoes at the same temperature for

10 minutes.

3 Roast salmon at 350° for 10–15 minutes until cooked.

4 Meanwhile, make sauce: Cook chopped garlic, fennel seeds, thyme, and saffron in vegetable oil on low to medium heat for a few minutes. Add agave, vegetable bouillon, water, and tomato puree; cook for 5 minutes.

5 To assemble, toss roasted vegetables in some of the tomato sauce. Place them on a plate, then top with roasted salmon and drizzle with remaining sauce. Garnish with peas and chopped parsley.

PER SERVING

Calories: 331, Fat: 8.5g, Sat. fat: 3g, Carbs: 49g, Fiber: 10g, Protein: 30g

SESAME BLACK NOODLES with SOY and GINGER TOFU

MAKES 2 SERVINGS

Black rice noodles are a bit exotic but worth hunting down in the specialty-food aisle. They look great and are filled with key nutrients, including fiber, protein, iron, and antioxidants. But if you can't find them, you can also use brown rice noodles. The dressing recipe makes more than you need, so freeze the leftovers in an ice cube tray and defrost each cube as needed for dressing on salads.

INGREDIENTS

- 1 medium carrot
- 5 large spears of asparagus
- 1 small red chili pepper, sliced
- 3 scallions
- 1½ oz baby corn
- 6 oz extra-firm tofu, cut into strips
- 3 oz black rice noodles, uncooked
- 1 tsp coconut or canola oil
- 1 cup baby spinach

- ⅓ cup edamame
- ⅓ cup sugar snap peas
- 1½ tsp mixed black and white sesame seeds
- 1 tsp mint leaves
- 2 tsp pickled ginger, cut into matchsticks
- 1 oz cashew nuts

Ginger Soy Dressing (makes jarful)

- ½ cup stem ginger in syrup (or ½ cup fresh ginger slices in a tbsp of agave syrup)
- 5 tbsp lemon juice
- Thumb of fresh ginger, peeled and sliced
- 5 tbsp soy sauce
- ⅔ cup extra-virgin olive oil

DIRECTIONS

- 1 Peel carrot with a vegetable peeler, then use peeler to make carrot "ribbons"; place in a large bowl.
- 2 Remove woody bottoms from asparagus and use peeler to create asparagus ribbons, adding to carrots.
- 3 Slice red chili pepper and scallions on an angle. Add to bowl with corn.
- 4 Make dressing: Grate ginger and combine with lemon juice, passing through a sieve. Add soy sauce and oil and mix together. Set aside.
- 5 Marinate tofu in the dressing for 20 minutes before cooking.
- 6 Bring a pan of water to boil and cook rice noodles for 8 minutes.
- 7 Add oil to a large skillet or wok; stir-fry tofu for 1–2 minutes.
- 8 When noodles are cooked, drain and mix with prepared veggies. Add other ingredients, then top with tablespoon dressing. Mix well. Divide between two bowls; top with tofu and serve.

PER SERVING (WITHOUT DRESSING)

Calories: 453, Fat: 18g, Sat. fat: 4g, Carbs: 55g, Fiber: 8g, Protein: 22g





OUR MODEL:

**Melissa
Trapani**
NPC bikini
competitor

Occupation:

Physical therapy
student

Hometown:

Queens, NY

**"FITNESS
EMPOWERS
ME. EVERY
OTHER
ASPECT OF
MY LIFE FALLS
INTO PLACE
WHEN I AM
TRAINING."**

Get a ROCK STAR BODY

Want arms (and abs and legs) like Madonna? Her personal trainer, Craig Smith, reveals some of the pop queen's favorite moves for keeping up her amazing physique.

BY ALYSSA SHAFFER | PHOTOGRAPHS BY PER BERNAL



BODY ROCKIN'
Pop icon **Madonna** shows
off the results of years of
hard, dynamic training!

IT'S NOT EASY

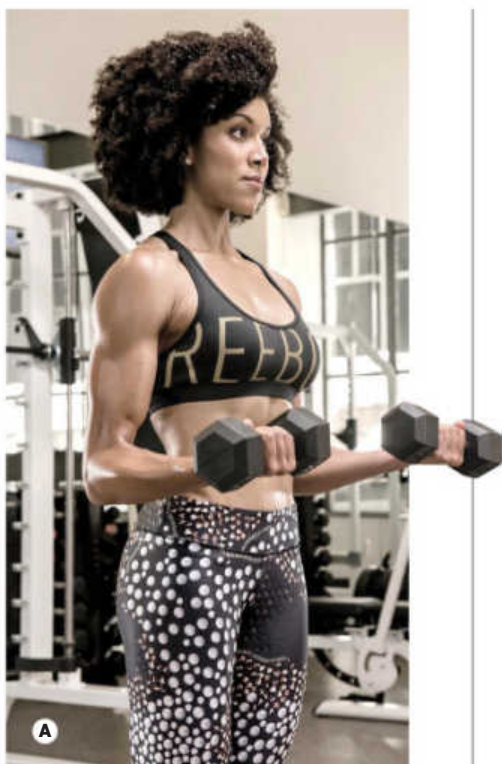
getting a body like Madonna—at 57, she's got the strength, stamina, and muscle tone of a fit woman half her age. Her intense work ethic plays a big part, but her personal trainer, Craig Smith, also gets credit for keeping her fit and energized. "Our workouts are designed to support what she does onstage, which means a mix of endurance, flexibility and mobility, stability, balance, and resistance training," says Smith, who is also the creative director of Hard Candy Fitness, a chain of fitness studios created by Madonna in 2010. The pop icon, who kicks off her 42-city *Rebel Heart* worldwide tour this month, regularly follows workouts like this fast and furious total-body strength circuit. Do it three times through to hit every major muscle group while boosting heart rate and blasting calories.

TRIPLE-PULSE SQUAT and TRICEPS PRESS

WORKS: SHOULDERS, TRICEPS, GLUTES, THIGHS, CALVES

- Stand with feet wider than shoulder width, toes turned out. Hold weights at shoulders, palms in; lift heels **(A)**. Lower into a sumo squat and pulse 3 counts, hands in front of chest.
- Stand up, keeping heels lifted and extend arms overhead, bringing weights together with palms facing each other **(B)**.
- Lower weights behind head, keeping biceps close to ears and heels lifted **(C)**. Straighten arms above head; then return to squat, keeping heels up. Continue 1 minute.





DUMBBELL LUNGE SERVE OUT

WORKS: BACK, BICEPS, GLUTES, THIGHS

- Stand tall with feet hip-distance apart, holding dumbbells with arms bent 90 degrees, elbows close to sides, palms up **(A)**.
- Lunge forward with left leg, bending both knees 90 degrees. As you lunge, extend arms forward to shoulder height **(B)**.
- Hold here for one count, then step back to start, bringing elbows back toward ribs. Repeat for 30 seconds, lunging forward with left leg, then switch sides and repeat for another 30 seconds, lunging forward with right leg.

GO WITH THE FLOW

Keep up the pace and intensity of the workout, taking as little rest as possible between each move. Rest one minute after each full circuit.



SIDE LUNGE to UPRIGHT ROW

WORKS: SHOULDERS, BACK, GLUTES, THIGHS

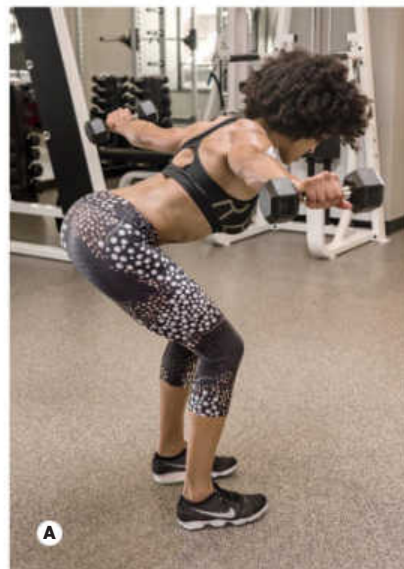
- Stand holding weights in front of thighs. Step left foot out to left side, bending left knee 90 degrees while pushing glutes back. Keep both feet facing forward, left knee aligned over ankle and shin perpendicular to floor **(A)**.
- Step left foot back to center, bringing both feet together. At the same time, row weights toward chest, flaring elbows out to shoulder height. Keep wrists straight and abs engaged. **(B)**. Step back out to left and repeat for 30 seconds; switch sides.



SQUAT, CURL, and PRESS

WORKS: SHOULDERS, BICEPS, CORE, GLUTES, THIGHS

- Stand with feet shoulder-width apart, holding weights with palms facing sides. Squat down, bending knees 90 degrees and sitting back in heels. Keep head up and shoulders down **(A)**.
- Stand up, curling weights toward shoulders **(B)**.
- Extend right arm above shoulder, pivoting off right foot as you rotate torso to left **(C)**. Keep left hand in curl.
- Lower right hand back to shoulder, then lower and straighten both arms toward floor. Repeat squat series, this time extending left arm after the curl and rotating to right side. Continue for 1 minute.



REVERSE FLYE to BACK ROW

WORKS: BACK, CORE, GLUTES

- Stand with feet hip-distance apart, arms at sides holding weights, palms in. Hinge forward from hips, bending knees slightly as you lower torso toward floor. Keep back flat and head in line with spine.
- Lift arms out to sides, squeezing shoulder blades together; keep a slight bend in elbows as you bring weights in line with shoulders **(A)**. Hold for one count, then lower weights back to start.
- Keeping upper body hinged toward floor, row elbows toward sides, keeping arms close to body and head in line with spine **(B)**. Hold for one count, lower and repeat the entire series for 1 minute.

3 INTENSE AB MOVES

Add on these three core exercises to strengthen and tone all of your abdominal muscles.

Reverse Crunch to Heels Up

- Lie faceup on floor with legs extended, feet lifted above hips and flexed. Keep arms at sides with palms down.
- Using your lower abdominals, lift your hips off the floor, bringing heels toward ceiling. Slowly lower back down and repeat for a total of 30 seconds.

Hands Back with Knee Tucks

- Sit on the floor with legs extended, knees slightly bent. Place hands behind you, palms down below shoulders and elbows bent behind you.
- Lift heels and lean back, engaging abdominals. Pull knees into chest.
- Extend legs forward, keeping them about 45 degrees to floor. Pull legs back to chest and repeat for a total of 30 seconds.

Side Plank with Hip Drive

- Lie on right side with shoulders, hips and legs stacked, right forearm on the floor perpendicular to body, left hand on hip.
- Lift hips, forming a straight line from head to heels.
- Lower right hip toward floor, dipping down a few inches, then lift hips back up to side plank. Repeat, continuing for 30 seconds. Switch sides and repeat.



POWER FORWARD
Use your abdominal muscles to help drive the punches. Keep the movement slow and under control at all times.



PLIÉ SQUAT and PUNCH

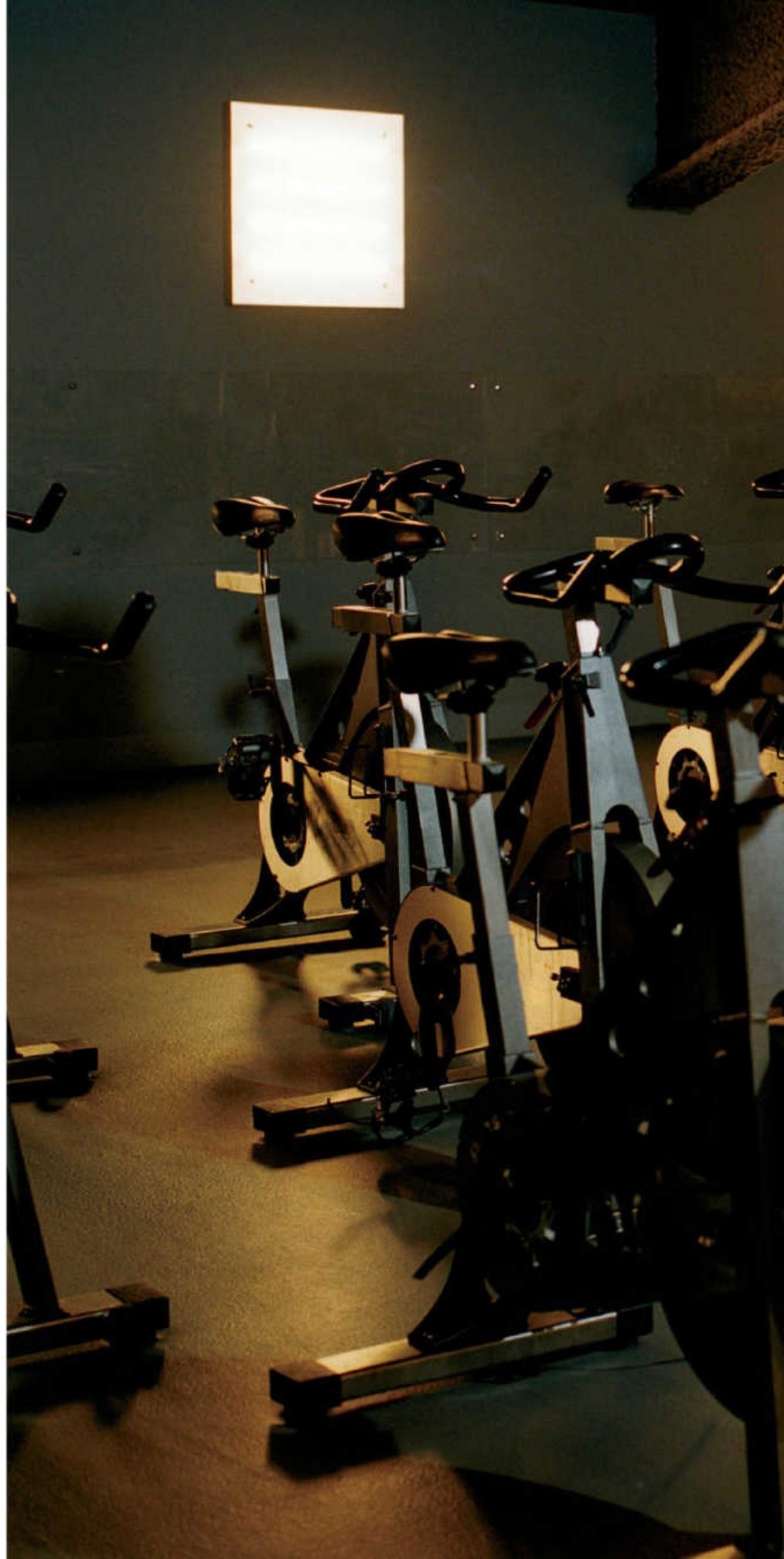
WORKS: SHOULDERS, ARMS, CORE, GLUTES, THIGHS

- Stand with feet wider than shoulder distance apart, toes turned out slightly. Hold weights at shoulder height, elbows pointing down.
- Lower into a plié squat, bending knees about 90 degrees. Keep knees over ankles, tracking with toes **(A)**.
- Rotate torso to left, punching right hand in front of left shoulder. Keep shoulders over hips and knees bent **(B)**.
- Return to center and repeat, this time rotating to right while punching left hand in front of right shoulder. Continue for 1 minute, remaining in squat throughout.

KICK-BUTT CARDIO

Favorite cardio machine at the gym taken? Try something new: These 19 high-intensity workouts will blast fat and burn calories while fitting into the busiest schedule. Hop on board and get going!

BY CHRIS ARTIS



STATIONARY BIKE

Indoor cycling classes offer fat-blasting, calorie-scorching, leg-sculpting workouts in a competitive yet social setting. Top instructors designed these routines for the days you can't make it to class. Just bring your own beats and start pedaling!



VICTOR SELF, FLYWHEEL
MASTER INSTRUCTOR
AND LEAD INSTRUCTOR,
WEST COAST

Follow the simple, effective warmup below before you start the hill and sprint workouts on the next page, advises Self, who put together all three. Use the RPE (rate of perceived exertion) scale of 1 to 10 to determine how hard you are working: 1 = easy, 5 = moderately challenging (hard to sustain for more than three minutes), 10 = extremely challenging (an effort you couldn't sustain for more than 60 seconds). Resistance is indicated at four levels: light, moderate, heavy, and very heavy. Speed is slow (40–60 rpm), moderate (70–80 rpm), fast (85–100 rpm), and maximum (100+ rpm).

BREAK A SWEAT

TIME: 10 MINUTES

MINUTES	ACTIVITY
0 – 2	Easy riding with light resistance and moderate speed (70–80 rpm); RPE: 2–4
2 – 3	Slightly increase resistance to moderate while maintaining moderate speed; RPE: 3–5
3 – 4	1 min. pedaling fast (85–100 rpm) with moderate resistance; RPE: 5–7
4 – 5	1 min. moderate pedaling (70–80 rpm) with moderate resistance; RPE: 3–5
5 – 6	1 min. fast pedaling (85–100 rpm) with moderate resistance; RPE: 5–7
6 – 7	1 min. moderate pedaling (70–80 rpm) with moderate resistance; RPE: 3–5
7 – 8	1 min. fast pedaling (85–100 rpm) with moderate resistance; RPE: 5–7
8 – 9	1 min. moderate pedaling (70–80 rpm) with moderate resistance; RPE: 3–5
9 – 10	1 min. fast pedaling (85–100 rpm) with moderate resistance; RPE: 5–7

■ From stationary bikes to rowers to climbers, you can get in a killer cardio session anywhere.

QUEEN OF THE HILL DRILL

TIME: 30 MINUTES

MINUTES	ACTIVITY
0 - 3	Start seated with moderate resistance and moderate speed (70-80 rpm); RPE: 3-5
3 - 6	Increase resistance two times in 3 min.; slow speed (40-60 rpm); moderate-heavy resistance; RPE: 5-7
6 - 8	Keep resistance and stand; increase speed for 60 sec. to 60+ rpm, then back to 40-60 rpm; RPE: 6-8
8 - 9	Decrease resistance to moderate and increase speed to moderate while seated; RPE: 3-5
9 - 13	Slow speed, heavy resistance, stand; add resistance three times in 4 min.; RPE: 6-8
13 - 15	Keep heavy resistance, increase to 60+ rpm (30-45 sec.), then return to original pace seated; RPE: 7-9
15 - 17	Decrease to moderate and maintain moderate pace while seated; RPE: 3-5
17 - 22	Very heavy resistance, slow speed; add resistance twice during the 5 min. while standing; RPE: 8-10
22 - 23	Very heavy resistance, increase speed (55+ rpm) 30-45 sec.; return to slow pace, standing; RPE: 9-10
23 - 24	Decrease to heavy resistance and maintain slow speed while seated; RPE: 7-9
24 - 26	Decrease to moderate resistance and increase to moderate speed; RPE: 4-6
26 - 28	Decrease to light resistance and increase to fast speed (85-100 rpm) while seated; RPE: 2-4
28 - 30	Cool down, seated, allowing heart rate to decrease; end with some stretching



PAVEL STUHLIK, FOUNDER OF ATMOSPHERE STUDIO IN ATLANTA; FORMER PRO CYCLIST

STUHLIK'S POWERHOUSE SPIN FUSION

TIME: ABOUT 20 MINUTES

Adapted for the stationary bike by Stuchlik, the format of this workout is simple but effective: warmup, endurance, strength, power, recovery.

WARMUP: 4-6 MINUTES

- Keep one foot on the pedal and the other off and out of the way. Spin for 1 min. with one leg. Switch to opposite side for the same amount of time. Repeat two to three times.

HIGH GEAR: 4 MINUTES

- Dial it up to major resistance. Spin in high gear for 4 min.

POWERHOUSE: 4 MINUTES

- Amp up to a big gear effort with very high rpm for 4 min. Aim to reach 82% to 92% of your maximum heart rate.

RECOVERY: 4 MINUTES

- Slow the pace and reduce resistance for a 1-min. recovery, followed by a 1-min. sprint. Repeat.

PRO TIP FROM STUHLIK: "STRETCHING HELPS FINISH YOUR RECOVERY OFF THE BIKE, AND YOGA SUN SALUTATIONS ARE THE PERFECT ENDING. FINISH WITH A FEW MINUTES OF MEDITATION IF POSSIBLE."

THE ULTIMATE SPINTER

TIME: 30 MINUTES

MINUTES	ACTIVITY
0 - 3	Light resistance at 70-80 rpm; RPE: 2-3
3 - 4	Light resistance at 80-90 rpm; RPE: 4-5
4 - 7	Light resistance at 90-100 rpm; RPE: 6-7
7 - 9	Light resistance at 100+ rpm; RPE: 7-8
9 - 10	Recovery with light to moderate resistance at 60-80 rpm; RPE: 2-3
10 - 13	Moderate resistance at 70-80 rpm; RPE: 3-5
13 - 15	Moderate resistance at 80-90 rpm; RPE: 5-7
15 - 17	Moderate resistance at 90-100 rpm; RPE: 7-8
17 - 19	Moderate resistance at 100+ rpm; RPE: 8-9
19 - 20	Recovery with light to moderate resistance at 60-80 rpm; RPE: 3-5
20 - 22	Moderate resistance at 90-100 rpm; RPE: 6-8
22 - 23	Moderate resistance at maximum speed; RPE: 9-10
23 - 25	Recovery with light to moderate resistance at 60-80 rpm; RPE: 3-5
25 - 27	Moderate resistance at 90-100 rpm; RPE: 7-9
27 - 28	Moderate resistance at maximum speed; RPE: 10
28 - 30	Cool down, allowing heart rate to decrease; end with some stretching



CHAN GANNAWAY, FITNESS DIRECTOR OF ORANGETHEORY FITNESS CORPORATE

ROLLING HILLS WITH FLATS

TIME: ABOUT 27 MINUTES

Gannaway designed this exhilarating cycling workout, which varies resistance and intensity.

- 4-5-min. warmup, 60-80 rpm, light*
 - 1 min., 70-80 rpm, medium**
 - 2 min., 80-100 rpm, medium
 - 2 min., 70-80 rpm, light
 - 2 min., 70-80 rpm, heavy but doable***
 - 1 min., 80-100 rpm, light
 - 1 min., 70-80 rpm, heavy but doable
 - 1 min., 90-110 rpm, medium
 - 2-min. cooldown, 60-70 rpm, light
- Repeat cycle block, eliminating warmup
- *Light: Can maintain pace for 30 min.
**Medium: Challenging but steady
***Heavy: Hard but can maintain it*

■ For form tips and more on the benefits of rowing, see page 26.



JARED STEIN,
LEAD INSTRUCTOR
AT CITYROW
IN NEW YORK;
HEAD COACH
AT WILLYB
CROSSFIT



NICK PETERSON,
MEMBER OF
THE 2000
UNITED STATES
OLYMPIC ROWING
TEAM (MEN'S
QUADRUPLE
SCULLS); COACH
AT CROSSFIT
SOUTH BROOKLYN



NOAH ABBOTT,
COACH AT
CROSSFIT SOUTH
BROOKLYN

INDOOR ROWING MACHINE

Rowing lights up nearly every major muscle group in your body and will put your endurance to the test, even in short intervals. Here are four completely badass workouts for the indoor rowing machine.

1

HIIT Sprint Series

TIME: 12–15 MINUTES

Stein shares this interval routine for people who are short on time. Don't be fooled by its brevity—this workout will fry you! Log your sprint times and use them as a benchmark for when you do this workout again.

- Row 500 meters at about 60% effort, not for time
- Rest 30 sec.
- Row 250 meters at max effort; keep track of time
- Rest for the amount of time it took you to row
- Repeat for a total of four sprints, 1:1 work-rest ratio
- Row 500 meters at about 60% effort, not for time

2

Up the Ladder

TIME: 45–50 MINUTES

Stein created this ascending ladder that increases intensity with every round. Punishment gluttons can descend back down after.

- Choose a split time (pace per 500 meter) that is challenging but maintainable for a 1,000-meter row
- Row 100 meters at or faster than the selected split time
- Rest for the amount of time it took you to row
- Row 200 meters at or faster than the selected split time
- Rest for the amount of time it took you to row
- Continue up the ladder in 100-meter increments until you reach 1,000 meters, maintaining a 1:1 work-rest ratio

3

Three Pyramids

TIME: 40 MINUTES

Olympic rower Peterson advises you to do this workout as hard as you can the whole time. “Your pace will improve as your stroke rate goes up, but you want to avoid falling apart and going easy, or ‘paddling,’ as the stroke rate comes down.”

16–18 spm*	3 min.
22–24 spm	2 min.
28–30 spm	1 min.
22–24 spm	2 min.
16–18 spm	3 min.

- Rest 3–5 min.
- Repeat two more times

*SPM is strokes per minute

4

2K Row/Burpee-over-erg Couplet

TIME: 15 MINUTES

Two kilometers is the length of most Olympic rowing races and is a benchmark distance for the indoor rowing machine. That's a tough test on its own, but Abbott likes to throw in a twist: Hop off and do 10 burpees over the rowing machine after each 500-meter increment. “Those last 10 burpees are particularly soul sucking,” says Abbott.

THREE MACHINES YOU NEVER USE (BUT SHOULD)

Lucky enough to have this equipment around? Try it out and get set to sweat hard.

Reverse Tabata on the **ASSAULT AIR BIKE**

TIME: 4 MINUTES

"The Assault Air Bike is the most demanding bike of its kind," says Noah Abbott. Try to do an eight-round reverse tabata for total calories—that's 10 seconds of work followed by 20 seconds of rest. "Clients who have never done it sometimes sniff, thinking it will be too easy." But this workout has most athletes reduced to a puddle.

CrossFit Jerry Hero Workout on the **TRUE FORM TREADMILL** and **CONCEPT2 INDOOR ROWER**

TIME: 21-30 MINUTES

Unlike most treadmills, the True Form is not motorized, so the experience is more like actual running, says Abbott. He recommends the classic CrossFit workout "Jerry," named to honor Sgt. Maj. Jerry Dwayne Patton of the Army, who died in 2008. It's a timed workout: one-mile run, followed by a two-kilometer row, followed by a one-mile run. "Don't redline the first run or you'll lose it on the rower. After the row, immediately get on the True Form. Your legs will feel like jelly at first, but after a few hundred meters, you'll hit your stride."

Seven Up on the **VERSACLIMBER**

TIME: 15 MINUTES

The VersaClimber requires you to use your arms and legs in a vertical motion that mimics an extremely steep climb. Christian Fox, coach at CrossFit South Brooklyn, recommends the following interval workout. "Your goal is to be as consistent as possible so there isn't a significant drop-off in the number of feet climbed in the final rounds."

- 2-min. warmup at about 50% effort
- Rest 30 sec.
- 1 min. hard at about 90% effort
- Rest 30 sec.
- Repeat interval sequence for a total of seven rounds
- 2-min. cooldown at about 50% effort

TREADMILL

Even if you are an avid hiker or road runner and insist on working out outside, there will be times when using a treadmill is simply your best option (e.g., you do *not* want to run in a lightning storm). These fun and challenging workouts mix it up for you on the treadmill.



FRANKLIN ANTOIAN
FOUNDER OF
IBODYFIT.COM;
AUTHOR OF THE
FIT EXECUTIVE

The Hiker's Workout

TIME: 60 MINUTES

Antioian offers this to clients getting in shape for a long hike. Focus on taking long, full strides as the incline increases.

- 15-min. race walk at 5 mph, flat incline
- 10-min. fast walk at 4 mph, 5% incline
- 10-min. power walk at 3 mph, 10% incline
- 10-min. power climb at 2 mph, 15% incline
- 15-min. cooldown at 3 mph, gradually reducing

Sprint Endurance

TIME: 40 MINUTES

This workout can help when you need to reach deep for extra bursts of energy.

- Jog at an easy pace for 10 min.
- Run 5 kilometers (3.1 miles) at a challenging but achievable pace
- After completing 5 kilometers, sprint for 5 sec., then walk for 5 sec.
- Sprint for 10 sec., then walk for 10 sec.
- Sprint for 15 sec., then walk for 15 sec.
- Sprint for 30 sec., then walk until you have cooled down

Repeat sprint section three to five times; walk to cool down.



■ Freshen up your treadmill routine and challenge your muscles with new variations.

Running hills is a critical component of middle- and long-distance road-race training. Shoemate, a Houston-based ultramarathoner whose workout tips can be found at *cari-fit.com*, offers an intermediate and advanced treadmill workout that will strengthen your quads, kick your cardio into high gear, and give you the tools to conquer big hills.



CARI SHOEMATE,
OWNER OF BOMBHELL
BOOTCAMP, HOUSTON

INTERMEDIATE HILL-RUNNING WORKOUT

TIME: 28 MINUTES

MINUTES	INCLINE	MPH
0-5	0	3.5 mph
5-10	3	5.0 mph
10-12	0	5.3 mph
12-14	5	5.3 mph
14-16	0	5.3 mph
16-18	7	5.3 mph
18-20	0	5.0 mph
20-25	7	5.0 mph
25-28	0	Cooldown walk

ADVANCED HILL-RUNNING WORKOUT

TIME: 28 MINUTES

MINUTES	INCLINE	MPH
0-5	0	6.0 mph
5-10	5	6.0 mph
10-12	10	5.5 mph
12-14	10	5.0 mph
14-16	10	6.0 mph
16-18	10	5.0 mph
18-20	5	5.5 mph
20-25	3	7.5 mph
25-28	0	Cooldown walk

BRAIN TEASER

TIME: 45 MINUTES

Nicole Wilkins, a Met-Rx-sponsored figure pro who has mentored and coached many other competitive athletes, designed this fantastic treadmill fat burner. Adjust the speed to match your fitness and comfort level.

- 3-min. warmup, 3.5 mph

RAISE INCLINE TO 2%

1 MIN.	7.0 mph
1 MIN.	3.0 mph
1 MIN.	8.0 mph
1 MIN.	3.0 mph
1 MIN.	9.0 mph
1 MIN.	3.0 mph

- Repeat sequence once

LOWER INCLINE TO FLAT

1 MIN.	9.0 mph
90 SEC.	3.0 mph

- Repeat sequence 10 times
- 5-min. cooldown at 3.5 mph

ELLIPTICAL MACHINE

If you're feeling slightly beat up, the elliptical can be an excellent option for a low-impact cardio blast. Shy, a member of team Optimum Nutrition, created this tough climbing workout for the elliptical.



EVAN SHY,
PHYSIQUE
COMPETITOR,
PERSONAL
TRAINER, OWNER
OF SHYTOWN
FITNESS
IN CHICAGO

SHYTOWN EVEREST

TIME: 20 MINUTES

- **3-min. warmup:**
30% of maximum effort, 10 resistance
- **60-sec. sprint:**
85% of maximum effort, 24 resistance
- **60-sec. recovery:**
50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:**
90% of maximum effort, 23 resistance
- **60-sec. recovery:**
50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:**
95% of maximum effort, 22 resistance
- **60-sec. recovery:**
50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:**
95% of maximum effort, 21 resistance
- **60-sec. recovery:**
50% of maximum effort (135 bpm), 10 resistance
- **60-sec. sprint:**
100% of maximum effort, 20 resistance
- **3-min. cooldown:**
35% of maximum effort (110 bpm), 10 resistance

BONUS BURNOUT: THREE SUPERSETS OF SQUAT JUMPS AND JUMPING LUNGES, 20 REPS EACH EXERCISE



NICOLE WILKINS,
FOUR-TIME IFBB
FIGURE OLYMPIA
AND THREE-TIME
IFBB FIGURE
INTERNATIONAL
CHAMP

STEPMILL

Wilkins has her clients perform this quad crusher, which keeps both your body and mind engaged.

AROUND THE WORLD ON THE STEPMILL

TIME: 40 MINUTES

SET MACHINE TO MANUAL

- 5 min. at level 10
- 2 min. at level 12; skip every other step
- 1 min. at level 15
- 1 min. at level 10, facing right (turn body sideways and cross your leg over as you step up)
- 1 min. at level 10, facing left
- 1 min. at level 16
- 1 min. at level 8
- Repeat sequence five times
- 5-min. cooldown at level 6



30 One Month, One Goal: DAYS TO SIX-PACK ABS

Get set to show off your waistline with this
core-centric sculpting plan

WORKOUT BY **LACEY STONE** | PHOTOGRAPHS BY **PER BERNAL**

THERE'S A REASON SO MANY SELFIES FEATURE A SEXY SET OF SIX-PACKS:

Well-defined abs are the hallmark of fitness, a chance to show off the hard work you've put in with training and diet. And this one-month plan can help take your middle to the next level. "I'm a big fan of mixing up exercises so you never get bored and creating challenges so you always feel like you're improving," says trainer Lacey Stone, who designed this program. Equally important is diet: "If you eat poorly, you won't see results, but if you do the routine and get your diet in order—hello, midriff!"

30-DAY SIX-PACK CHALLENGE

Follow this plan for one month along with the diet tips on page 82 and watch those strong abs emerge.

WEEKS 1 AND 2

Frequency: Four times a week
Time: One minute per move (unless otherwise stated). Rest 30 seconds between moves.

WEEK 3

Frequency: Four times a week
Time: One minute per move (unless otherwise stated). Rest 30 seconds between moves.

WEEK 4

Frequency: Four times a week
Time: Two minutes per move (unless otherwise stated). Rest 30 seconds between moves.

THE EXERCISES

WEEK 1

DAY 1

AB REACH

Lie faceup on floor with legs lifted above hips and arms above shoulders. Crunch up, reaching toward toes, then lower back to start.

PLANK

30 to 60 seconds.

RUSSIAN TWIST 1

Sit on floor with knees bent and hands held lightly together in front of you. Lean back about 45 degrees, engaging abs. Rotate torso to right as far as you can; return to

center and rotate to left.

DAY 2

JACK KNIFE 1

Lie faceup on floor with knees bent and arms extended past ears. Reach hands toward legs as you lift knees toward hips; lower and repeat.

SIDE PLANK

30 to 60 seconds per side.

MOUNTAIN CLIMBER

45 to 60 seconds.

DAY 3

YOGA BOAT 1

Lie faceup on floor with

knees bent, feet flat on floor, and hands at sides, palms up. Lift feet a few inches off floor while also lifting head and shoulders, contracting abs, legs, and glutes. Hold 30 to 60 seconds.

LOW TO HIGH DB

(See images, below)

KNEELING WOODCHOPPER

Kneel on floor holding weight in both hands in front of you. Bring weight down to outside of right leg, then rotate from core to lift weight diagonally across body and above left shoulder. Lower in same path and repeat for 30 seconds, then switch sides and repeat.

LOW TO HIGH DB

Sit at end of weight bench, legs extended, and place a light dumbbell between feet. Lean back 45 degrees, keeping abs tight (A). Keeping legs together, bring knees toward chest (B). Lower back to floor without touching down; repeat for one minute.



WEEK 2

DAY 1

AB REACH WITH BALL

See Week 1; add medicine ball in hands.

PLANK

60 to 90 seconds.

RUSSIAN TWIST 2

See Week 1; raise feet.

DAY 2

JACK KNIFE 1

See Week 1.

SIDE PLANK

60 to 90 seconds per side.

MOUNTAIN CLIMBER

60 to 90 seconds.

DAY 3

YOGA BOAT 2

(See image, page 83)

Lie faceup on floor with legs extended, hands at sides, and palms up. Lift feet a few inches off floor while also lifting head and shoulders, contracting abs, legs, and glutes. Hold for 30 to 60 seconds.

LOW TO HIGH DB

See Week 1.

KNEELING WOODCHOPPER

See Week 1.

WEEK 3

DAY 1

FULL BODY TAP

Lie faceup on floor with knees bent, feet flat on floor, and arms above head next to ears. Lift upper body to sitting position, tapping floor between feet. Slowly reverse position back to start; repeat.

PLANK TAP

(See image, below)

Begin in full plank position, hands on floor below shoulders and legs extended behind you in a wide stance. Keeping abs tight and head in line with spine, tap right hand to left shoulder. Return hand to floor and repeat on opposite side.

MED BALL RUSSIAN TWIST

(See image, middle right)

See Week 1; add medicine ball in hands. Bring ball to each side, rotating from torso; alternate sides.

DAY 2

JACK KNIFE 2

(See image, opposite page)

SIDE PLANK DIP

From side plank, dip bottom hip toward floor, then return to elevated position. Repeat for 30 seconds; switch sides.



PLANK TAP



JACK KNIFE 2

Lie faceup on floor with legs extended above hips and arms extended above head. Reach hands toward feet as you lift legs above hips. Lower back to floor and repeat.



MED BALL RUSSIAN TWIST



ROTATIONAL MOUNTAIN CLIMBER

ROTATIONAL MOUNTAIN CLIMBER

(See image, at right)
Begin in a full pushup position, hands below shoulders and legs extended behind you. Bring right knee toward left shoulder, keeping upper body as still as possible, then quickly return to start and repeat, this time bringing left knee toward right shoulder. Repeat for 45 to 60 seconds.

DAY 3

YOGA BOAT FLUTTER KICK

See Week 2, but this time flutter-kick legs up and down as you hold position for 30 to 60 seconds.

OFF-THE-BENCH CRUNCH

Lie on a flat bench with hips at edge of bench, legs extended off floor, and hands behind head. Lift head and shoulders off bench as you bring knees

toward chest; lower and repeat for one minute.

MED BALL OBLIQUE TOSS

(See image, page 83)
Kneel on floor a couple of feet from a wall, left knee bent 90 degrees in front of you and right knee on floor. Hold medicine ball with both hands in front of

hips (A). Rotate torso and bring ball to the right, then rotate back to the left, explosively throwing the ball as hard as you can against the wall (B). Let the ball drop to the floor, then pick it up and repeat.

DAY 4

Pick your three favorite moves.



Meaghan Terzis
Cover Model &
Mother of Two



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WEEK 4

DAY 1

FULL BODY TAP WITH MED BALL

(See image, opposite page)
See Week 3, but this time hold a medicine ball above head. Tap ball between feet as you rise up.

PLANK JACK

(See image, below)

MED BALL RUSSIAN TWIST

See Week 3, but this time lifting feet throughout.

DAY 2

JACK KNIFE 3

See Week 2, legs straight, but this time holding a medicine ball.

STAR SIDE PLANK

(See image, opposite page)

ROTATIONAL MOUNTAIN CLIMBER

See Week 3.

DAY 3

YOGA BOAT FLUTTER KICK

See Week 3.

OFF-THE-BENCH CRUNCH

See Week 3.

MED BALL OBLIQUE TOSS

See Week 3.

DAY 4

Pick your three favorite moves.

STAR SIDE PLANK

Lie on right side with legs stacked, right elbow below right shoulder and forearm directly in front of you. Lift hips and right leg off floor in a side plank. From here, lift left leg above right while bringing left hand above left shoulder. Keep head in line with spine and abs engaged. Hold 30 seconds; switch sides and repeat.



YOGA BOAT 2

EAT FOR BETTER ABS

Make your hard work in the gym pay off with these belly-friendly foods recommended by Kelly Boyer, CEO of Paleta healthy meal delivery service

AVOCADO: Loaded with healthy monounsaturated fat plus vitamins, minerals, and phytonutrients. Spread over toast, toss in a salad, or enjoy with a drizzle of olive oil, lemon juice, salt, and pepper. **How much:** ½ per day.

BERRIES: High in fiber, which hustles the food you eat through your system, plus

antioxidants to help boost workout results. **How much:** ½ cup per day.

EGGS: A great protein source with a balance of amino acids. Don't fear the yolk, Boyer says. "It's where more of the nutrients are found, plus the vitamin D there can help control appetite." **How much:** One to two every other day.

APPLES: A large apple has about 5 grams of fiber and is composed of nearly 85% water, both of which help you feel satiated, says Boyer. **How much:** One a day.

NUTS: Almonds and other nut varieties are packed with protein and healthy fats; raw ones offer up more enzymes, says Boyer. **How much:** About two dozen a day (150 calories).

LEAFY GREENS: Rich in calcium, essential for muscle contraction, plus you can fill

your belly with almost endless amounts. **How much:** At least 3 cups raw greens a day.



MED BALL OBLIQUE TOSS



FULL BODY TAP WITH MED BALL



PLANK JACK

Begin in a full plank position, hands on floor under shoulders and legs extended, feet together. Keeping core engaged and upper body still, jump both feet out to sides. Pause one count, then jump back to start. Repeat for one minute.

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BRIAN KLUTCH

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BREAKFAST UP & OUT!

Chia Co Chia Pod

• The perfect mix of chia seeds, coconut milk, and fruit makes for an easy, energy-boosting breakfast on the go. thechiaco.com

Siggi's Yogurt

• An Icelandic style of strained yogurt, skyr (pronounced "skeer") tastes similar to Greek yogurt but has less sugar and more protein. siggisdairy.com

Chobani Simply 100 Greek Yogurt

• A light and smooth Greek yogurt, with a slightly tangy finish. With less sugar than regular yogurt, 12 grams of protein, and only 100 calories, it's perfect for smoothies or a low-cal a.m. snack. chobani.com

Dannon Oikos Triple Zero

• With 15 grams of protein, Triple Zero mixed with muesli or fresh fruit is a convenient, protein-packed breakfast. dannon.com

Better Oats

• These portable packets of high-fiber oatmeal have little to no added sugar and come in seven different styles, including steel-cut, ancient grains, 100-calorie, and real-fruit varieties. betteroats.com

Trader Joe's Cage-Free Eggs

• These cage-free eggs contain no added hormones or antibiotics and are a bargain at less than \$3 a dozen. traderjoes.com

Eggland's Best Egg Whites

• For those who prefer egg whites over whole eggs: Made from farm-fresh shelled eggs, each 3-tablespoon serving contains 25 calories, 5 grams of protein, and zero fat. egglandsbest.com

Organic Valley Lowfat Cottage Cheese

• Add this organic cottage cheese to omelets, salads, burgers, sides, and more—it's got 14 grams of creamy protein per half cup. organicvalley.coop

Quorn Breakfast Sausage Patties

• With 5 grams of protein, this juicy vegetarian patty, made with soy-free mycoprotein and egg whites helps kick morning hunger. quorn.com

Van's Power Grains Waffles

• Packed with 10g of protein per serving, these yummy waffles are made with nutritious steel-cut oats and brown rice. vansfoods.com

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Safe Catch Elite Wild Tuna

• Safe Catch tests 100% of the tuna it packages for mercury—a more rigorous screening than any other brand available. safecatch.com

Lightlife Smart Patties Meatless Burger

• Available in two varieties, Original with Quinoa and Black Bean, they're grill-ready and packed with 10 grams of protein, with only 100 calories per patty, for a quick, filling vegetarian meal. lightlife.com

Applegate Naturals Presliced Roast Beef

• This roast beef adds 12 grams of protein without all the cons of typical deli meat—it has no antibiotics or nitrates and is non-GMO. Roll it up with cheese for a high-protein, low-carb snack. applegate.com

Echo Falls Wild Alaskan Sockeye Smoked Salmon

• Wild Alaskan Sockeye is experiencing a banner year. Choose from cold smoked varieties and spreads—with 15 grams of protein per serving you can't go wrong. oceanbeauty.com/echo-falls

Perdue Simply Smart Olive Oil & Rosemary Chicken Strips

• Take the guesswork out of meals with delicious antibiotic-free, cage-free chicken breast that packs 18 grams of protein per serving. perdue.com

Diestel Presliced Turkey

• These turkey slices are non-GMO and antibiotic- and hormone-free and have no added nitrates, which makes them a clean choice for deli slices. diestelturkey.com

FROZEN FOODS CHILL OUT

Ocean Beauty Salmon Burger

• Juicy with a spicy kick, this meaty salmon burger is supersatisfying and cooks up in just eight minutes. oceanbeauty.com

Organic Prairie Grass-fed 85% Lean Ground Beef

• Organic grass-fed beef is higher in omega-3s and has less total fat and more

antioxidants and conjugated linoleic acid than other beef. organicprairie.com

Bubba Burger Original

• These tasty frozen patties are ready in 10 minutes and are a great source of protein without the long meal prep. bubbafoods.com

Green Giant Valley Fresh Steamers Broccoli Florets

• Pop this bag of frozen veggies in the microwave for five minutes for the most convenient way to get greens on your plate in a jiffy. greengiant.com

Cluck n' Moo Burger

• This burger patty is a chicken-and-ground-beef combo with less than half the amount of fat and saturated fat of regular beef burgers and a third of the calories. clucknmoo.net

Kashi Frozen Dinners

• Kashi's Chicken Florentine combines a unique blend of whole grains with grilled white meat chicken, with 22 grams of protein per serving. kashi.com

Trader Joe's Edamame

• This little green bean is loaded with nutrients—each half-cup serving has about 9 grams of complete protein and 5 grams of fiber. traderjoes.com



JERKY

WHO YOU CALLIN' JERKY?

Epic Chicken Meat

• The savory herbed chicken bites in Epic's Currant & Sesame BBQ snacks are chewy with a semisweet/spicy flavor and made from protein-packed, 100% non-GMO raised chicken. epicbar.com

Organic Prairie Mighty Bar

• With bold flavors like Bacon & Apple, the Mighty Bar is packed with 8 grams of protein and has just 3.5 grams of fat. Toss one in your gym bag or purse for a post-workout or midday

protein bump. organicprairie.com

Fusion Rosemary Citrus Turkey Jerky

• Hear the word *jerky* and you think loads of fat and preservatives. Not so with this turkey jerky. The Rosemary Citrus flavor has a burst of seasoning and a light turkey-meat flavor that's all natural and gluten-free. fusionjerky.com

CHIPS

YOU DON'T HAVE TO EAT JUST ONE

Lentil Snaps Harvest Snaps

• Reach for this balanced savory snack, made with high-protein lentils in flavors like Tomato Basil. It's higher in protein and lower in sodium than

potato chips, with 5 grams of protein and 120 calories per serving. harvestsnaps.com

Simply 7 Quinoa Chips

• These addictive quinoa chips are packed with 9 grams of protein per serving and pair perfectly with hummus or guacamole. Flavors include Barbeque, Cheddar, and Sour Cream & Onion. simply7snacks.com

Pacific Northwest Kale Chips

• A healthy raw snack free of gluten, oil, sugar, preservatives, and artificial flavors. pacificsnacks.com

Food Should Taste Good Black Bean Chips

• At 4g of protein per serving, these tasty rounds boast black beans, flax, and quinoa. foodshouldtastegood.com



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• With 90% less fat and 70% fewer calories than traditional peanut butter, plus no sugar added and oil extracted, you can add Pure PB into baked goods, smoothies, or oatmeal guilt-free. crazyrichards.com

Buff Bake

• Don't make smoothies or bake again without Buff Bake! Yummy almond and peanut butters with added whey protein come in indulgent flavors like Snickerdoodle, Cookie, Chocolate Chip, and Cinnamon Raisin. buffbake.com

Navitas Naturals Mulberries

• Sweet, chewy dried mulberries are your next must-have superfruit, with 130% daily value of vitamin C, 20% DV of iron, 8% DV of calcium, and 3 grams of protein per ounce. Snack on them alone or add to salads, trail mixes, and more. navitasnaturals.com

Pistachio Chewy Bites

• A convenient on-the-go snack made up of nutritious pistachios, cranberries, and agave nectar. settonfarms.com

Carrington Farms Flax Chia Paks

• Ready-to-eat Chia Paks provide omegas, protein, fiber, antioxidants, and important minerals like calcium, magnesium, and zinc—perfect for topping oatmeal or salads. carringtonfarms.com

Nuts.com Veggie Protein Mix

• Filled with chickpeas, broad beans, and cashews, this blend has way more protein than traditional trail mix: 10 grams per serving. nuts.com

BARS

SNACK ATTACK WITHOUT THE BITE

Detour Simple Protein Bar

• Twenty grams of protein and low sugar (7g) will keep you from crashing, and flavors like Salted Caramel Cookie Dough satisfy your sweet tooth. detourbar.com

Perfect Bar

• Each is made with whole foods, organic honey, quality protein, and 20 superfoods. Sans preservatives, they come in seven flavors, like Almond Acai, Cranberry

Crunch, and Carob Chip. perfectbar.com

Strong & Kind Bar

• These boldly flavored Kind bars (like Roasted Jalapeño) deliver 10 grams of soy- and whey-free protein, plus fiber to fuel you up and crush cravings between meals. A rich source of essential amino acids, iron, and other key minerals. kindsnacks.com



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dnaturals.com

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sabra.com

**Tribe Hummus**

• Your go-to hummus just got spicier with a few new flavor additions (12 total), including our favorites, Fiery Sriracha, Mediterranean, and Forty Spices.

tribehummus.com

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• This all-natural dip contains no preservatives and is sure to spice up your day.

desertpepper.elsstore.com

BREAD/PASTA**GREAT BASICS****Arnold 100% Whole Wheat Pocket Thins**

• These whole-wheat pocket thins are a great source of fiber and protein (5g each), with plenty of room to fit your favorite sandwich ingredients.

arnoldbread.com

Alvarado Sprouted Multigrain Bread

• Organic sprouted wheat berries, flax, and dates make this bread a nutrient superstar. Low in sodium and sugar, each slice has 5 grams of protein.

alvaradostreetbakery.com

Thomas' Double Protein English Muffins

• Top these double-protein (7g) English muffins with peanut butter, honey, and banana to start your morning off right.

thomasbreads.com

Ancient Harvest Green Lentil and Quinoa Supergrain Pasta

• This pasta combines



two of the top superfoods, quinoa and lentils, to bring you a gluten-free blend packed with 14 grams of protein and 7 grams of fiber per serving.

ancientharvest.com

DESSERTS WORTH SCREAMING FOR**Enlightened Ice Cream Bars**

• The word *cheating* comes to mind when eating one of these bars. But the creamy frozen treat has just 80 calories, 7 grams of protein, and 5 grams of sugar. The bars come in a variety of flavors—we love the indulgent Sea Salt Caramel.

eatenlightened.com

Justin's Dark Chocolate Peanut Butter Cups

• The indulgent little treats contain antioxidant-rich dark chocolate, organic ingredients, and 4 grams of protein.

justins.com

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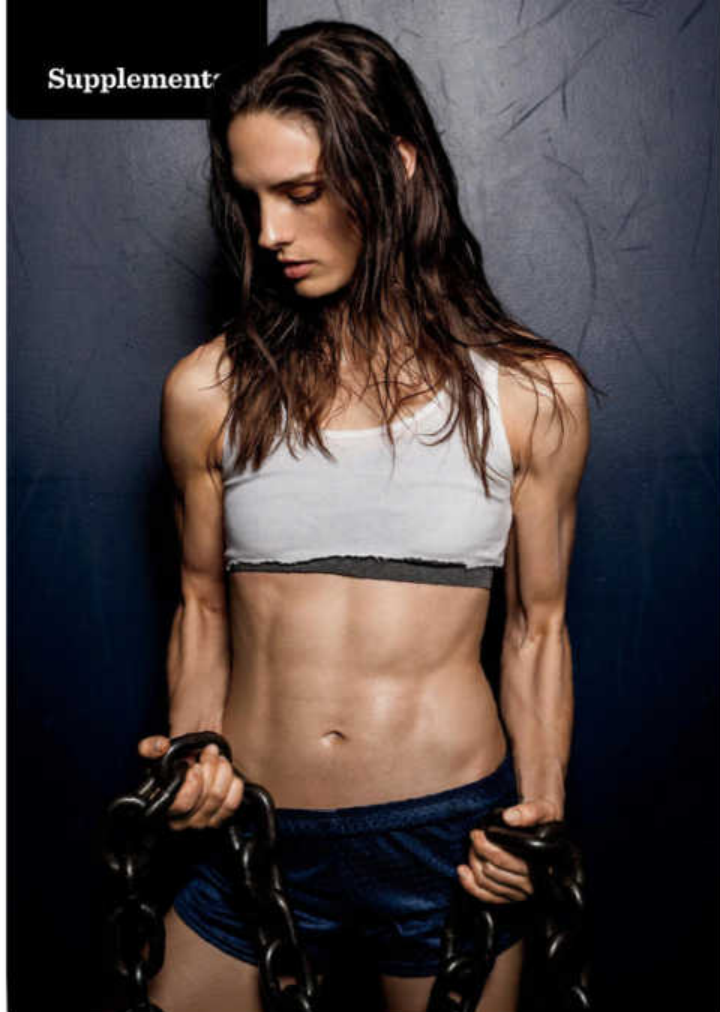
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Strength Star

Creatine is one of the best-studied aids for improving workout results. So why aren't you taking it yet?

BY LINDA STEPHENS, M.S.

• **WE KNOW GUYS** love supplements that help them gain mass and build strength. But many women tend to shy away from ingredients that promote size, fearing that they'll get too bulky. That's one reason many women

still don't reach for creatine when they're picking out supplements to boost their workout results. But before you discount this well-studied strength aid, take a moment to consider the following benefits:

► YOU'LL BUILD LEAN MUSCLE

Your muscle cells naturally make creatine phosphate, which when broken down provides immediate energy to muscle fibers. When you supplement with creatine, your body can store more of this energy-giving molecule,

strengthening the contractions of the muscle fibers. That means you can pump out more reps—and build more muscle—when you're training.

► YOU'LL TRAIN LONGER (SO YOU'LL BURN MORE CALORIES)

Creatine supplementation helps your muscles replenish their energy stores, so you can train harder for longer periods. Here's how: During any strenuous activity, your body gets its energy from a molecule called ATP, or adenosine triphosphate. During a complex metabolic process, ATP is broken down into ADP (adenosine diphosphate). Creatine helps add back a phosphate molecule to ADP, so your muscles once again have more ATP to work with and you can continue to burn it up at the gym.

► YOU'LL RECOVER FASTER

Creatine will supply your muscles with the nutrients they need to recover from heavy lifting and build muscle. Taking it after exercising helps replenish muscle, aid in recovery, and build a pool of energy for the next workout. When creatine is added to a post-workout shake, along with a simple carb such as fruit to aid in faster absorption, the benefits are almost instantaneous.

LOADING UP FOUR FAST FACTS ABOUT CREATINE

1

You don't need a lot. Fitness enthusiasts used to take creatine up to five times a day for a week. But research from Bloomsburg University suggests you don't need to load up to get results. Taking 2.3g per day for six weeks post-workout should be enough to notice stamina gains in five to seven days.

2

It's not for coffee lovers. Some research shows caffeine can negate any benefits, so many users will avoid it in any form while taking creatine.

3

It pays to take a break. Since your body adapts to creatine, try cycling off after four to six weeks, then resuming after two to four weeks. This hiatus generally isn't enough to lose any gains you've already made.

4

Creatine comes in many forms, including powders, tablets, capsules, and liquids.



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1. GNC PRO PERFORMANCE AMPLIFIED CREATINE 189 Tablet form for fast absorption. (gnc.com) **2. BPI SPORTS BEST CREATINE** This sugar-free supp features six different forms of creatine to build strength and power. (bpisports.com) **3. MHP CREATINE MONOHYDRATE** Classic formulation for proven results in improved performance. (mhpstrong.com)

THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

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The right mix of good-for-you supplements can help you recover faster so you can work out harder

BY RAZVAN RADU

• YOUR WORKOUT

doesn't end when you change out of your sweaty gym clothes. In fact, the sooner you start the recovery process, the harder you can hit it again the next day. And a few key ingredients can help your body replenish what was lost during your workout and help your muscles start to rapidly rebuild.

ANTIOXIDANTS

During a workout, particularly a strenuous one, your body metabolizes oxygen. Over time, this can lead to cell damage. Antioxidants help reduce this damage and minimize the stress oxidation can place on your body. Antioxidants are found in a variety of fruits and vegetables, but some of the most potent are in spirulina, a nutrient-dense algae; acai berry; and matcha green tea.

NUTRIENT-DENSE CHLOROPHYLL

If you've ever been told to "make sure to get your greens in," chlorophyll is one of the main reasons why. Chlorophyll gives leafy green vegetables their color and may help increase the elimination of harmful toxins. It also supports maintenance of pH and red blood cells, which are important in keeping your body healthy. Making sure your body is free of waste and functioning at its peak will give your recovery efforts a boost.

DIGESTIVE ENZYMES

You could eat the most nutritious foods in the kitchen, but if your body doesn't fully digest them, their nutritional value is close to nothing. Digestive enzymes such as



■ **CytoGreens is designed to help muscles recover faster and improve stamina.**

protease, cellulase, lipase, and amylase help digest the macronutrient contents of food. That means the proteins, carbs, and fats in your meals can be better digested, allowing for important functions such as hormone balance, muscle repair, and energy production. Digestive enzymes also help improve the absorption of various vitamins and minerals, so your micronutrient intake is never sacrificed. That's especially key for active people, whose bodies utilize macronutrients, vitamins, and minerals to transport oxygen, work and build muscle, balance hormones, recover, and more.

PUTTING IT ALL TOGETHER

One product that delivers all of these important elements is CytoGreens from Novaforme. The supplement features a unique antioxidant matrix of spirulina, acai berry, and matcha green tea to provide ample amounts of support, reducing the stress oxidation places on your body. It also contains a blend of several ingredients to ensure optimal chlorophyll delivery, including spirulina, milk thistle, chlorella, and a blend of micronized organic greens. Combined, these ingredients help complement and maximize what you're actually getting from your foods. Finally, CytoGreens combines nine different digestive enzymes plus omega-3 rich flax to optimize digestion and nutrient absorption.

■ **Keep your fitness gains going after you've left the gym with the right recovery ingredients.**



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San Diego, CA. Contact Jon Lindsay, (310) 796-9181, musclecontest.com.

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